

Same Old Story

拍數: 48 牆數: 4 級數: Low Improver
編舞者: Courtney Rowe (UK) - September 2024
音樂: All Over Again - Adam Doleac



Intro: 16

S1: R SIDE, L CROSS ROCK, L CHASSE, R CROSS, L BACK 1/4 R, R BACK ROCK

1 R step to R side
2,3 L cross over R weight on L, recover weight on R
4&5 L step to L side, R step next to L, L step to L side
6,7 R cross over L, L step back 1/4 R (3:00)
8,1 R step back weight on R, recover weight on L

S2: WALK FWD, L SHUFFLE FWD, PIVOT 1/2, PIVOT 1/2

2 R step fwd
3&4 L step fwd, R step next to L, L step fwd
5,6 R step fwd, turn 1/2 L weight on L (9:00)
7,8 R step fwd, turn 1/2 L weight on L (3:00)

non-turning option: change counts 5-8 to a R rocking chair

S3: R CROSS ROCK, R CHASSE, L WEAVE

1,2 R cross over L weight on R, recover weight on L
3&4 R step to R side, L step next to R, R step to R side
5,6,7,8 L cross over R, R step to R side, L step behind R, R step to R side

S4: L CROSS ROCK, L SHUFFLE 1/4 L, R SHUFFLE 1/2 L, L COASTER

1,2 L cross over R weight on L, recover weight on R
3&4 L step fwd 1/4 L, R step next to L, L step fwd (12:00)
5&6 R step 1/4 L to R side, L step next to R, R step back 1/4 L (6:00)
7&8 L step back, R step next to L, L step fwd

*Restart

S5: R STEP LOCK, STEP LOCK SHUFFLE, L FWD ROCK, L 1/4 L, R TAP

1,2 R step fwd, L lock behind R
3&4 R step fwd, L lock behind R, R step fwd
5,6 L step fwd weight on L, recover weight on R
7,8 L step 1/4 L to L side, R tap next to L (3:00)

S6: ROLLING TURN, R CHASSE, L SIDE, R BACK ROCK, R SIDE, TOG

1,2& R step fwd 1/4 R, L step back 1/2 R, turn 1/4 R weight on L (3:00)

non-turn option: 1,2 - R side, L tog

3&4 R step to R side, L step next to R, R step to R side
5,6,7 L step to L side, R step back weight on R, recover weight on L
8& R step to R side, L step next to R

note: this is a loop dance. 8&1 will become a R chasse.

Tag

End of Wall 2, facing 6:00 & Wall 4, facing 3:00. Add;

R SIDE, L CROSS ROCK, SHUFFLE 1/4 L, PIVOT 1/2, R 1/4 L, L TOG

1 R side to R side
2,3 L cross over R weight on L, recover weight on R
4&5 L step fwd 1/4 L, R step next to L, L step fwd

6,7 R fwd, pivot 1/2 L weight on L
8& R step 1/4 L to R side, L step tog

Restart: Wall 3 after count 32, facing 12:00
