A Little Rain Check

拍數: 32

級數: Absolute Beginner

編舞者: Karen Hadley (UK) - October 2024

音樂: I Can Take It from There - Chris Young

#16 count intro from main beat, start on vocals

3 x Walks Forward, Point, 3 x Walks Back, Point

- Step fwd on R, step fwd on L, step fwd on R, point L to L side 1 - 4
- 5 8 Step back on L, step back on R, step back on L, point R to R side

Cross, Side, Behind, Point, Cross, Side, Behind, Point

- 1 4 Cross step R over L, step L to L side, cross step R behind L, point L to L side
- 5 8 Cross step L over R, step R to R side, cross step L behind R, point R to R side

Step, Point, Step, Point, Jazz Box ¼ Turn

- 1 4Step fwd on R, point L to L side, step fwd on L, point R to R side
- 5 8 Cross step R over L, step back on L, step R 1/4 turn R, step L beside R (3:00)

Rocking Chair, Step, ½ Pivot Turn, Step, ½ Pivot Turn

- 1 4Rock fwd on R, recover back on L, rock back on R, recover fwd on L
- 5 8 Step fwd on R, pivot ¹/₂ turn L (weight on L), step fwd on R, pivot ¹/₂ turn L (weight on L)

Alternative easier option for counts 5 – 8 (Rocking Chair)

5 – 8 Rock fwd on R, recover back on L, rock back on R, recover fwd on L

Start again & enjoy □





牆數:4