Choose Joy



拍數: 32 牆數: 4 級數: Beginner 編舞者: Micaela Svensson Erlandsson (SWE) - October 2024

音樂: Choose Joy - Parker Robinson



intro 16 counts - No Tags, No Restarts

Section 1 Rocking Chair. Right Forward Shuffle. Left Forward Shuffle.

1-4 Rock forward on right. Recover onto left. Rock back on right. Recover onto left.

Step forward on right. Close left beside right. Step forward on right.
Step forward on left. Close right beside left. Step forward on left.

Section 2 Rock Step. Shuffle ½ Turn back over right shoulder x2. Back Rock.

1-2 Rock forward on right. Recover onto left.

Shuffle ½ turn over right shoulder stepping right, left, right.

Shuffle ½ Turn over right shoulder stepping left, right, left.

7-8 Rock back on right. Recover onto left.

Easy Option: Replace the Shuffle Turns with right Shuffle back and left Shuffle back.

Section 3 Cross. Point. Cross. Point. Jazz Box 1/4 Turn right. Cross.

1-2 Cross right over left. Point left toes to left side.3-4 Cross left over right. Point right toes to right side.

5-8 Cross right over left. Step back on left. Turn ¼ right. Cross left over right.

Section 4 Right Chasse. Back Rock. Left Chasse. Back Rock.

1&2 Step right to right side. Close left beside right. Step right to right side.

3-4 Rock back on left. Recover onto right.

Step left to left side. Close right beside left. Step left to left side.

7-8 Rock back on right. Recover onto left.

Last Update: 5 Nov 2024