

Nursery Rhymes

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kristin Clove (USA) - November 2024
音樂: Nursery - bbno\$ & lentra



No tags or restarts

Section 1 Step out out in & cross, scuff stomp, Ball change, back side flex, ball change

1&2& step out RF step out LF step RF in cross LF over RF
3& scuff RF forward,
4 stomp RF down
&5 ball change stepping LF into RF stomp down RF
6&7 LF step behind RF step RF side R, LF flex side L
&8 ball cross stepping LF in crossing RF over LF

Section 2 Ball cross RF behind unwind, LF side rock cross, RF scuff into Toe fans

&1,2 step onto LF, R toe steps behind LF. Full turn Unwind
3&4 step side rock LF side L cross in front of RF 1/4 scuff RF forward,
&5 scuff RF forward, stomp RF down front,
&6 (looking where toes point, keep feet planted) turn right toe in, left tow out
&7 turn left toe in, turn right toe out
&8 kick RF back, Kick RF forward

Section 3 Scuff LF, stomp, step left together right, right together left, left together right, 1/4 left to 1/4 side rock cross

&,1 RF steps in, LF scuffs forward, left knee comes up,
2,& LF lands side Right turning 1/4 right, bring Rf to LF
3& step LF side left slightly bending knees, together RF
4& step RF side R, together LF
5& step LF side Left , together RF,
6& 1/4 turn stepping LF forward
7&8 1/4 turn stepping RF forward, replacing weight on LF, cross RF over LF

Section 4 1/4 right step LF, back RF, rock recover, push forward on left, RF cross with 1/4 ball change to prep full turn.

&1 1/4 turn stepping LF back, 1/4 turn stepping back Rf
2&3 step lack LF, step side RF making 1/4 turn, step forward LF
4 rock weight back onto RF
5 Step LF forward
6 &7 cross RF over LF, step LF back, 1/4 turn stepping RF side R
8& LF full turn over Right shoulder.