Love All Day Long

級數: Improver

編舞者: Hana Ries (USA) - November 2024

音樂: Love All Day Long - The Nelons

Intro 16 counts. Start dancing on the word "crushed"

(R=right foot, L=left foot)

拍數: 32

Restarts/Tag: 2 Restarts (walls 3 & 11), 1 Tag (4 counts, the end of wall 8)

STEP FORWARD, KICK, COASTER STEP, WALK, SHUFFLE (12:00→12:00)

1-2-3&4 Step R forward, Kick L forward, Step L back, Step R next to L, Step L forward 5-6-7&8 Step R forward, Step L forward, Step R forward, Step L next to R, Step R forward

FOUR SWAYS, ROCK BACK/RECOVER, PIVOT ¼ RIGHT (12:00→3:00)

- Step L diagonally forward towards 10:30 and sway hips left, right, left, right 1-2-3-4
- 5-6 Rock L back, Recover to R
- 7-8 Step L forward, Turn ¼ right and shift weight onto R

CROSS, STEP SIDE, ROCK BACK/RECOVER, LINDY ¼ RIGHT (3:00→6:00)

1-2-3-4 Cross L over R, Step R to right, Rock L behind R, Recover to R 5&6-7-8 Step L to left, Step R next to L, Step L to left, Turn ¼ right and rock R back, Recover to L Restart here on wall 3 facing 12:00

ROCKING CHAIR, TWO PADDLE TURNS LEFT (6:00→3:00)

1-2-3-4 Rock R forward, Recover to L, Rock R back, Recover to L Restart here on wall 11 facing 3:00 (Keep dancing through the break in the music, stay on beat) Step R forward, Turn 1/8 left (weight on L), Step R forward, Turn 1/8 left (weight on L) 5-6-7-8

REPEAT

Restart #1: On wall 3 after 24 counts, facing 12:00 Restart #2: On wall 11 after 28 counts, facing 3:00

Tag - Add at the end of wall 8 facing 3:00

ROCKING CHAIR

1-2-3-4 Rock R forward, Recover to L, Rock R back, Recover to L

ENDING

You will finish the dance facing 12:00 on wall 15. After the first 8 counts, sway 3 times.

Last Update: 14 Feb 2025





牆數:4