

Wreck

拍數: 32 牆數: 4 級數: Improver
編舞者: Sonny V. (DE) - January 2025
音樂: Wreck - Tom Gregory



Intro: 16 counts – start with lyrics
2 Restarts, 1 Tag*

[1-8] Heel Strut 2x, Shuffle Fwrd., Fast Rocking Chair, Step ½ Turn, Ball

1&2& touch R heel fwd. – drop down RF – touch L heel fwd. – drop down LF
3&4 step RF fwd. – step LF next to RF – step RF fwd.
5&6& rock LF fwd. – recover on RF – rock LF back – recover on RF
7–8& step LF fwd. – ½ turn right step on RF (6:00) – step L ball next to RF

[9-16] Cross, Side, Heel, Ball, Cross, Side, Heel, Ball, Walk 4x circling ¾ right

1&2& cross RF over LF – LF step left – touch R heel out fwd. – step R ball next to LF
3&4& cross LF over RF – RF step right – touch L heel out left – step L ball next to RF
5-6 walk RF fwd. turning ¼ right (9:00) – walk LF fwd. turning ¼ right (12:00)
7-8 walk RF fwd. turning ¼ right (3:00) – walk LF fwd.

Restart here in Wall 2 (12:00) and Wall 6 (6:00)

[17-24] Mambo Step, Anchor Step, Coaster Cross, Side Rock Cross

1&2 rock RF fwd. – recover on LF – RF step back
3&4 step LF back – step RF in place – step LF in place
5&6 step RF back – step LF next to RF – cross RF over LF
7&8 rock LF to left side – recover on RF – cross LF over RF

[25-32] Side Rock Cross Shuffle, Side, ½ Turn Right with Rock Right, Rec., Rock Back, Rec.

1&2& rock RF to right side – recover on LF – cross RF over LF – L ball step slightly left
3–4 cross RF over LF – step LF left
5–6 ½ turn right ending with rock to the right (9:00) – recover on LF
7–8 rock RF back – recover on LF

*Tag at the end of Wall 4 (6:00) – 4 counts: V-Step (fwd. on heels)

1–2 step right out forward on R heel – step left out fwd. on L heel
3–4 step RF back in – step LF back next to RF

Start again and have fun!

Your feedback is welcome on this channel or just mail to
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