Neon Shades

拍數: 32

級數: Improver

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音樂: Neon Shades - Brian Mcconnell

#16 Count Intro, start with lyrics

STOMP, KICK BALL CROSS, SIDE. SAILOR X2

- 1,2& Small Step R to R(1) Kick L low to L diagonal (Angle body to L diagonal)(2) Step Down on L(&)
- 3,4 Cross R over L(3) Step L to L(4)
- 5&6 Step R slightly behind L(5) Step Step L underneath you(&) Step R slightly to R(6)
- 7&8 Step L slightly behind L(7) Step Step R underneath you(&) Step L slightly to L(8) (12 o'clock)

STEP ½ TURN X2, JAZZ BOX

- 1,2 Step fwd R(1) Pivot ½ L over L shoulder shifting weight to L(2) (6 o'clock)
- 3,4 Step fwd R(3) Pivot ¹/₂ L over L shoulder shifting weight to L(4) (12 o'clock)
- 5,6 Cross R over L(5) Step L straight back(6)
- 7,8 Step R to R side(7) Step L fwd(8)

PRESS SWEEP, BEHIND SIDE CROSS, ANGLE SHUFFLE X2

- 1,2 Press R fwd in front of L(1) Step back on L as you sweep R around to back(2)
- 3&4 Step R Behind L (3) Step L to L(&) Step R fwd and across L(4)
- 5&6 Step L fwd to L diagonal(5) Step R together(&) Step L fwd(6)
- 7&8 As you angle to R Step R fwd to R diagonal(7) Step L together(&) Step R fwd(8) (12 o'clock)

STEP ¼, CROSS SHUFFLE, MONTEREY ¼, SIDE ROCK CROSS

- 1,2 Step L fwd(1) Turn ¼ R Shifting Weight to R(2)
- 3&4 Cross L Over R(3) Step down on ball of R(&) Cross step L over R(4) (3 o'clock)
- 5,6 Point R to R(5) As you turn a ¼ turn R on the ball of L, drag R foot in and underneath you with weight(6)
- 7&8 Rock L out to L(7) Recover weight to R(&) Step L fwd and across R(8)

RESTARTS:

R1. Wall 5 facing 12 o'clock, do 1st 8 count and restart (after the sailor steps)

R2. Wall 9 facing 6 o'clock, do 1st 8 count and restart (after the sailor steps)

Just For Fun Note: As the song energy builds...

- Replace "steps" with stomps on count (1) on the 1st set of 8
- Replace "steps" with stomps on count (8) on the 4th set of 8

ENJOY!

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牆數: 2