Labyrinth Cha

級數: Intermediate

編舞者: Ami Walker (UK)

音樂: As the World Falls Down - David Bowie

SIDE, BACK ROCK RECOVER, RIGHT SHUFFLE, STEP ¾ PIVOT LEFT CHASSE

- 1-2-3 Step left to side, rock back on right, recover on to left
- 4&5 Step right foot forward, step left slightly behind right, step right forward
- 6-7 Step forward on left, pivot ³/₄ turn over right shoulder
- 8&1 Step left to left side, step right next to left step left to left side

BACK ROCK, ¼ TURN, ½ TURN, BACK ROCK, STEP ¼ TOUCH

- 2-3 Rock back on right, recover on to left
- 4-5 Make ¹/₄ turn stepping forward on right, make ¹/₂ turn stepping back on left
- 6-7 Rock back on right, recover on to left
- 8&1 Step forward on right make ¼ turn stepping forward on left, touch right toe to right side

RIGHT SAILOR STEP, LEFT SAILOR STEP, CROSS UNWIND, LEFT CHASSE

- 2&3 Step right foot behind left, step left next to right, step right to right side
- 4&5 Step left foot behind right, step right next to left, step left to left side
- 6-7 Cross right over left, unwind a full turn ending with weight on right foot
- 8&1 Step left foot to left side, step right next to left, step left to left side

RIGHT MAMBO, LEFT COASTER, STEP ½ PIVOT STEP, STEP ¾ PIVOT

- 2&3 Rock forward on right foot, recover on to left, step right next to left
- 4&5 Step left foot back, step right next to left, step left foot forward
- 6&7 Step forward on right foot, pivot ½ turn over left shoulder, step forward right
- 8& Step forward on left foot, pivot ³/₄ turn over right shoulder

REPEAT

Instructors are advised to fade the track at approx. 3:10 (or end of 8th wall)





拍數: 32

牆數:2