

Letters And Pictures

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Cathryn Proudfoot (AUS)
音樂: Somewhere Inside - Chris Cummings



LEFT SAMBA STEP, CROSS ROCK REPLACE

1&2 Step left over right, rock right to side, replace weight to left
&3-4 Step right over left, rock left to side, replace weight to right

¾ HINGE TURN (LEFT), SHUFFLE FORWARD (RIGHT), ROCK FORWARD, BACK

& Turn ¾ turn back over left shoulder to step left forward (feels like a hinge turn)
5&6-7-8 Shuffle forward right: stepping right forward, left together with right, and right forward, rock left forward, replace weight back on right

AND ROCK FORWARD, BACK, TURN BACK 1 ¼ (RIGHT)

&1-2 Step left back together with right, rock right forward, replace weight back on left
&3-4 Turning ½ turn back to right step right forward, turn ½ turn right to step left forward, turn ¼ turn right to step right to side

CROSS ROCK, AND CROSS UNWIND FULL TURN (LEFT)

5-6 Step left across in front of right, replace weight back on right
&7-8 Step left to side, cross right over left, unwind full turn left (weight ends on right)

LEFT COASTER STEP, SIDE, ROCK, CROSS

1&2 Left coaster step: step back on left, step right back together with left, step left forward
&3-4 Step right to side, replace weight to left, step right over left

TOUCH CROSS STEP, 1 ¼ TRIPLE STEP TURN (LEFT)

5&6 Touch left toe to side, step left over right, step right to side
7&8 Turn 1 ¼ turns left in triple step: turn ¼ turn left stepping left forward, turn ½ turn left stepping right back, turn ½ turn left stepping left forward

ROCK FORWARD, BACK, STEP: BACK, BACK, CROSS, TOUCH

1-2-3& Rock right forward, replace weight back on left, step back on right, step back on left
4& Step right across in front of left, touch left toe to side

LEFT SAILOR STEP WITH TOE STRUT

5&6& Step left behind right, step right to side, step left toe to side, drop left heel to floor

RIGHT SAILOR STEP WITH TOE STRUT

7&8& Step right behind left, step left to side, step right toe to side, drop right heel to floor

Allow your body to angle naturally with these last 4 counts

REPEAT

TAG 1

Two extra beats to dance that occur between beats 24 and 25. These are danced during the chorus of the song on the 3rd and 5th walls:

FULL TURN LEFT

1 Turn ½ turn left stepping right back, turn ½ turn left stepping left forward

RESTART

Occurs while you are dancing the 4th wall. Dance up to beat 16 (cross unwind full turn) and restart dance

from beginning

After dancing the first 5 walls (including the restart wall), dance through until the end. There are a few times when you will feel like you should restart again but I felt that "over-phrasing" would spoil the effect of the dance, on the whole

ENDING

You will have 4 beats to dance at the end. Simply rock onto the right foot to face the front
