

拍數: 48 牆數: 2 級數: Intermediate

編舞者: Claire Waugh (UK)

音樂: Lovin' You Against My Will - Gary Allan



ROCK, RECOVER, LEFT SIDE-SHUFFLE, ROCK, RECOVER, RIGHT SIDE-SHUFFLE WITH 1/4 TURN

1-2 Step left foot across right foot and rock diagonally forward, recover weight on right foot

3&4 Step to left on left foot, step on right foot beside left, step to left on left foot

5-6 Step right foot across left foot and rock diagonally forward, recover weight on left foot 7&8 Step to right on right foot, step on left beside right, step to right turning ¼ turn right

An alternative to the right side-shuffle with ¼ turn, a 1 ¼ turn right may be substituted

STEP FORWARD, PIVOT ½ TURN, LEFT SHUFFLE FORWARD, RONDE WITH ½ TURN, LOCK STEP BACKWARDS

1-2 Step forward on left foot, pivot ½ turn right

Step forward on left foot, step on right foot beside left, step forward on left foot
 Make ½ turn left, sweeping right foot across front of left, step on right foot
 Step back on left foot, right step locking in front of left, step back on left foot

ROCK, RECOVER, FULL TURN FORWARD, RIGHT SHUFFLE FORWARD, ROCK, RECOVER

1-2 Rock back on right foot, recover weight on left foot
3 Make ½ turn left on ball of left stepping back on right
4 Make ½ turn left on ball of right stepping forward on left

An alternative to the full turn would be that 2 steps forward may be substituted

Step forward on right foot, step on left foot beside right, step forward on right foot

7-8 Rock forward on left foot, recover weight on right foot

LEFT SHUFFLE BACK, ROCK RIGHT BACK DIAGONALLY, RECOVER CROSS SHUFFLE, ROCK LEFT BACK DIAGONALLY, RECOVER

1&2 Step back on left foot, step on right foot beside left, step back on left foot

3-4 Rock right back diagonally, recover weight on left foot

5&6 Cross right over left, step left to left side, cross right over left

7-8 Rock left back diagonally, recover weight on right foot

CROSS SHUFFLE, ROCK SIDE RIGHT, RIGHT SIDE SHUFFLE, CROSS ROCK, RECOVER

1&2 Cross left over right, step right to right side, cross left over right

3-4 Rock right on right foot, recover weight on left foot

An alternative to the rock side right would be to sway hips right then left to add styling

5&6 Step to right on right foot, step on left foot beside right, step to right on right foot

7-8 Cross rock left foot over right, recover weight on right foot

LEFT SIDE SHUFFLE WITH ¼ TURN, STEP FORWARD, PIVOT ½ TURN, LOCK STEP, FORWARD, ROCK SIDE LEFT

1&2 Step left foot to side, step right beside left, step to left on left foot turning ¼ turn left

3-4 Step forward on right foot, pivot ½ turn left

An alternative to the left side shuffle with ¼ turn, a 1 ¼ turn left may be substituted

5&6 Step forward on right foot, left step locking behind right, step forward on right foot

7-8 Rock left on left foot, recover weight on right foot

An alternative to the rock side left would be to sway hips left then right to add styling

REPEAT

