

Memories (P)

拍數: 24 牆數: 0 級數: Partner
編舞者: Steve Lescarbeau (USA)
音樂: Puttin' Memories Away - Gary Allan



MAN'S STEPS

CROSS ROCK RIGHT RECOVER, SIDE SHUFFLE RIGHT-LEFT-RIGHT, CROSS ROCK LEFT RECOVER, SIDE SHUFFLE LEFT-RIGHT-LEFT

1-2 Rock right across left recover weight on left
3&4 Step right to right, step left to right, step right to right
5-6 Rock left across right recover weight on right
7&8 Step left to left, step right to left, step left to left

SHUFFLE FORWARD RIGHT-LEFT-RIGHT, SHUFFLE FORWARD LEFT-RIGHT-LEFT, SHUFFLE FORWARD RIGHT-LEFT-RIGHT, SHUFFLE FORWARD LEFT-RIGHT-LEFT

Drop left hand, hold right up

1&2 Shuffle forward right-left-right
3&4 Shuffle forward left-right-left
5&6 Shuffle forward right-left-right
7&8 Shuffle forward left-right-left join hands

STEP LOCK ROCK RECOVER, STEP LOCK STEP

Angle body to left slightly

1-2 Step right forward, slide left behind right
3-4 Step forward right 1/8 turn right, shift weight to ball of right pivot ¼ turn to right rock on left
5-6 Recover weight right, step forward left
7-8 Slide right behind left, step left forward 1/8 left

REPEAT

LADY'S STEPS

CROSS ROCK RIGHT RECOVER, SIDE SHUFFLE RIGHT-LEFT-RIGHT, CROSS ROCK LEFT RECOVER, SIDE SHUFFLE LEFT-RIGHT-LEFT

1-2 Rock right across left recover weight on left
3&4 Step right to right, step left to right, step right to right
5-6 Rock left across right recover weight on right
7&8 Step left to left, step right to left, step left to left

SHUFFLE FORWARD RIGHT-LEFT-RIGHT, SHUFFLE FORWARD LEFT-RIGHT-LEFT, SHUFFLE FORWARD RIGHT-LEFT-RIGHT, SHUFFLE FORWARD LEFT-RIGHT-LEFT

Turn one full turn to right beginning on 3&4

1&2 Shuffle forward right-left-right (prep you turn on beat 2)
3&4 Shuffle ½ turn to right holding right hand, left-right-left
5&6 Shuffle ½ turn to right, right-left-right
7&8 Shuffle forward left-right-left join hands

STEP LOCK ROCK RECOVER, STEP LOCK STEP

Angle body to left slightly

1-2 Step right forward, slide left behind right
3-4 Step forward right 1/8 turn right, shift weight
To ball of right pivot ¼ turn to right rock on left
5-6 Recover weight right, step forward left

7-8

Slide right behind left, step left forward 1/8 left

REPEAT
