Never Going Back

拍數: 32

級數: Intermediate

編舞者: Annette Skaff (CAN)

音樂: Never Going Back Again - Fleetwood Mac

BEFORE YOU START THE DANCE: Face the back wall and ready yourself for the dance with your weight on the left foot. Make a 1/2 turn right by spinning on the ball of the left foot as you go into the right shuffle which starts the sequence

Each new dance sequence will begin with this 1/2 turn right.

SHUFFLE FORWARD RIGHT, SHUFFLE FORWARD LEFT, MODIFIED JAZZ BOX WITH ½ TURN RIGHT Start the dance facing the back wall. Make ½ turn right on the ball of the left foot as you shuffle forward right

- 1&2
 Shuffle forward right, left, right
- 3&4 Shuffle forward left, right, left
- 5-8 Cross right across left, step back on left, make ¼ right as you step side right, touch the left toe beside the right foot

SIDE SHUFFLE LEFT, ROCK BACK RECOVER POINT, ROCK BACK RECOVER STEP, SYNCOPATED WEAVE

- 9&10 Side shuffle left, right, left
- 11&12 Rock back right, recover left, point right toe to side
- 13&14 Rock back right, recover left, step side right
- 15&16 Step left behind right, step side right, cross left over the right

ROCK RECOVER WITH ¼ TURN, STEP TOUCH WITH ¼ TURN, LEFT COASTER BACK, FULL TURN STEP FORWARD

- 17-18 Rock side right, recover left as you make ¹/₄ turn left
- 19-20 Make ¼ turn left as you step side right, touch the left toe beside the right foot
- 21&22 Step back on left, step together with the right, step forward on left
- 23&24 Make a full turn forward to the left in the line of dance stepping right, left, step forward right

LEFT MAMBO FORWARD, FULL TURN STEP BACK, LEFT COASTER BACK, RIGHT KICK BALL CHANGE

- 25&26 Rock forward left, recover back right, step back on left
- 27&28 Make a full turn back to the right stepping right, left, step back on right
- 29&30 Step back on left, step together with the right, step forward on left
- 31&32 Kick the right forward, step on the ball of the right, step forward on the left

REPEAT

Remember to turn to begin the next sequence





牆數:4