

No Bridges

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jo Thompson Szymanski (USA)
音樂: Some Bridges Need Burning - Keisa Brown



[1 – 8] □ BACK, DRAG, SYNCOPATED BACK ROCK, RECOVER, FORWARD, RONDE, SYNCOPATED JAZZ BOX CROSS

- 1-2 Large step R back (1); Drag L toward R (2)
- &3-4 Rock L back (&); Recover onto R (3); Step L forward (4)
- 5-6 Sweep R across front of L (5); Cross R over L (6)
- &7 Step L back (&); Step R to right (7)
- 8 Cross L over R (8) (12:00)

[9 – 16] □ QUICK FORWARD ROCK & BEHIND, 3/4 TURN L, BACK, KNEE POP, 1/2 TURN R

- &1&2 Sweep R foot around to front of L (&) Rock ball of R forward (1); Recover onto L sweeping R around to the back (&); Step R behind L (2)
- 3-4 Turn 1/4 left stepping L forward (3); Turn 1/2 left stepping R back (4) (3:00)
- 5&6 Step L back leaving R toe forward (5); Bend R knee slightly lifting R heel (R toe stays on floor) (&); Straighten R leg lowering R heel (weight stays on L) (6)
- 7-8 Step R forward (7); Turn 1/2 right stepping L back (8) (9:00)

[17 – 24] □ BACK, KNEE POP, 1/2 TURN L, COASTER, 1/4 TURN L, SIDE, BEHIND

- 1&2 Step R back leaving L toe forward (1); Bend L knee slightly lifting L heel (L toe stays on floor) (&); Straighten L leg lowering L heel (weight stays on R) (2)
- 3-4 Step L forward (3); Turn 1/2 left stepping R back (4) (3:00)
- 5&6 Step L back (5); Step R beside L (&); Step L forward turning L toe out (6)
- 7-8 Turn 1/4 left stepping R to right (7); Step L behind R (8) (12:00)

[25 – 32] SIDE ROCK, RECOVER, BEHIND (R & L), SIDE ROCK, 1/4 TURN R, BACK ROCK, RECOVER with 1/2 TURN L

- 1&2 Rock R to right (1); Recover onto L (&); Step R behind L (2)
- 3&4 Rock L to left (3); Recover onto R (&); Step L behind R (4)
- 5-6 Rock R to right starting 1/4 turn right (5); Recover onto L completing 1/4 turn right (6) (3:00)
- 7-8 Rock R back (7); Recover forward onto L turning 1/2 left (8) (9:00)

Start again.

Last Update – 17th Oct. 2015