

No Limits

拍數: 64 牆數: 4 級數:
編舞者: Mairi F McFarlane (SCO)
音樂: Near You - Dwight Yoakam



SYNCOPATED WEAVE, POINT, CROSS, UNWIND AND COASTER STEP

1-2 Step right foot to right side, step left foot behind right foot
3&4 Step right foot to right side, cross left foot over right, point right toes to right side
5-6 Cross right foot over left, unwind ½ turn to left (keeping weight on left, pop right knee)
7&8 Step back on right foot, step forward on left foot, step right foot next to left foot

SYNCOPATED WEAVE, POINT, CROSS, UNWIND AND COASTER STEP

1-2 Step left foot to left side, step right foot behind left foot
3&4 Step left foot to left side, cross right foot over left point left toes to left side
5-6 Cross left foot over right, unwind ½ turn to right (keeping weight on right, pop left knee)
7&8 Step back on left foot, step forward on right foot, step left foot next to right foot

CROSS ROCK, ½ TURNING SHUFFLE, CROSS ROCK AND COASTER STEP

1-2 Cross rock right foot diagonally across left foot, rock back onto left foot
3&4 Shuffle right, left, right while turning ½ turn right
5-6 Cross rock left foot diagonally across right foot, rock back onto right foot
7&8 Step back on left foot, step forward on right foot, step left foot next to right foot

FORWARD ROCK, LOCK STEP BACK, BACK ROCK AND LOCK STEP FORWARD

1-2 Rock forward on to right foot, rock weight back onto left foot
3&4 Step back on right foot, lock left foot over right foot, step back on right foot
5-6 Rock back onto left foot, rock weight forward onto right foot
7&8 Step forward on left foot, lock right foot behind left, step forward on left foot

SIDE, TOGETHER, CHASSE', CROSS ROCK AND HEEL, BALL CROSS

1-2 Step right foot to right side, step left foot next to right foot
3&4 Step right foot to right side, step left foot next to right foot, step right foot to right side
5-6 Cross rock left foot diagonally over right, rock back onto right foot
7&8 Dig left heel diagonally forward, step on ball of left foot, cross right foot over left foot

SIDE, TOGETHER, CHASSE', CROSS ROCK AND HEEL, BALL CROSS

1-2 Step left foot to left side, step right foot next to left foot
3&4 Step left foot to left side, step right foot next to left foot, step left foot to left side
5-6 Cross rock right foot diagonally over left, rock back onto left foot
7&8 Dig right heel diagonally right, step on ball of right foot, cross left foot over right foot

SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, ¼ TURN AND FORWARD SHUFFLE

1-2 Rock right foot to right side, rock weight back onto left
3&4 Cross right foot over left, step left foot to left side, step right foot to left side
5-6 Rock left foot to left side, rock weight back onto right (¼ turn right)
7&8 Step left foot forward, step right foot forward, step left foot forward

SIDE, TOGETHER, CHASSE', CROSS ROCK AND COASTER CROSS

1-2 Step right foot to right side, step left foot next to right foot
3&4 Step right foot to right side, step left foot next to right foot, step right foot to right side
5-6 Rock left foot diagonally over right foot, rock weight back onto right

7&8

Step back on left foot, step forward on right foot, cross step left foot over right foot

REPEAT
