

On & On

拍數: 64 牆數: 4 級數: Improver
編舞者: Michael Vera-Lobos (AUS)
音樂: On and On - Stephen Bishop



STEP SIDE, DRAG, DODGE STEP, CROSS, SIDE ROCK CROSS, STEP SIDE, ½ HINGE RIGHT

- 1-2&3-4 Step side right, drag left towards right & step left to left, step right to right, cross left over right (12:00)
5&6-7-8 Rock right to right & replace weight on left, cross right over left, step left to left, hinge ½ right (6:00)

CROSS ROCK, REPLACE, SIDE SHUFFLE ¼ LEFT, STEP FORWARD, ¾ PIVOT, HIP SWAY RIGHT, LEFT

- 1-2-3&4 Cross rock left over right, replace weight right, side shuffle left & turn ¼ left on left (3:00)
5-6-7-8 Step forward right, pivot ¾ left (6:00) (weight left), sway hips right then left

SAILOR RIGHT, CROSS BEHIND, ¼ RIGHT, SIDE SHUFFLE ¼ RIGHT, ROCK BEHIND, REPLACE

- 1&2-3-4 Cross right behind left & rock left to left, rock center on right, cross left behind right, turn ¼ right on right (9:00)
5&6-7-8 Turning a further ¼ right side shuffle to left side (12:00), rock right behind left, rock forward on left

& TOUCH BEHIND, ¾ LEFT, ROCK FORWARD, REPLACE, RIGHT COASTER, STEP FORWARD, ½ PIVOT RIGHT

- &1-2-3-4 Stepping right to right, touch left behind, unwind ¾ left, rock forward right, rock back on left (3:00)
5&6-7-8 Step back on right & step left beside right, step forward on right, step forward left, pivot ½ right (9:00)

LEFT DOROTHY & STEP SIDE, ½ HINGE LEFT, ROCK FORWARD REPLACE, ROCK BACK, REPLACE

- 1-2&3-4 Step diagonal left, lock right behind & step diagonal left, step right to right, hinge ½ left ending with left to left side (3:00)
5-6-7-8 Rock forward right, rock back left, rock back on right, rock forward left (3:00)

FULL TURN FORWARD LEFT, SHUFFLE FORWARD, STEP FORWARD, ¼ PIVOT RIGHT, CROSS SHUFFLE

- 1-2-3&4 Travel forward turn a full turn forward over left stepping right then left, shuffle forward right
5-6-7&8 Step forward left & pivot ¼ right, cross shuffle left over right stepping left, right, left (6:00)

SIDE REPLACE, BEHIND SIDE CROSS, SIDE ROCK, ¼ ROCK LEFT, ¼ LEFT & TOGETHER, ¼ LEFT

- 1-2-3&4 Side rock right, replace weight left, cross right behind left & step left to left, cross right over left
5-6-7&8 Side rock left to left, replace weight right turning ¼ left, turn ¼ left on left & step right beside left, turn ¼ left on left (9:00)

ROCK FORWARD, REPLACE, COASTER, STEP FORWARD, ½ PIVOT, SHUFFLE FORWARD

- 1-2-3&4 Rock forward right, rock back on left, step back right & step left beside right, step forward right
5-6-7&8 Step forward left, ½ pivot right, shuffle forward left (3:00)

REPEAT

RESTART

On wall 3 dance to count 52 & step onto left to start again
