

On My Own

拍數: 32 牆數: 4 級數: Improver
編舞者: Zandra Varnham (SCO)
音樂: On My Own - Reba McEntire



ROCK, ROCK, COASTER, STEP ½ TURN, LEFT SHUFFLE

1-2 Rock forward on right foot, recover weight back onto left
3&4 Step back right, step left next to right, step right forward
5-6- Step forward on left foot, ½ turn over right shoulder
7&8 Step left forward, step right next to left, step left forward

ROCK, ROCK, COASTER, STEP ¾ TURN, LEFT CHASSE

1-2 Rock forward on right foot, recover weight back onto left
3&4 Step back right, step left next to right, step right forward
5-6 Step forward on left foot, ½ turn over right shoulder
7&8 ¼ turning right, step left to left side, step right next to left, step left to left side

HEEL DIGS TWICE STEP ½ TURN, FULL TRIPLE TURN

1&2& Cross step right foot over left, step back on left foot, heel dig right heel forward, step down on right foot
3&4& Cross step left foot over right, step back on right foot, heel dig left heel forward, step down on left foot ¼ turning to the left
5-6 Step forward on right foot, ½ turn over left shoulder (weight on left)
7&8 Triple step full turn stepping right, left, right

¼ TURN STEP, CROSS SHUFFLE, HINGE STEP LEFT, SWAY, SWAY

1-2 Step left foot forward ¼ turn right (weight on right)
3&4 Step left over right, step right next to left, step left over right
5-6 Step back on right while turning ¼ turning left, step back on left while ¼ turning left
7-8 Sway hips right, sway hips left

REPEAT
