

100 Rivers

拍數: 36 牆數: 4 級數: Intermediate
編舞者: William Sevone (UK)
音樂: No Place That Far - Sara Evans



SMALL STEP FORWARD, TOE TOUCH, SMALL STEP BACKWARD, TOE TOUCH, STEP FORWARD, ½ LEFT STEP BACKWARD, CROSS SWEEP, SWAY RIGHT

- 1-2 (Small step) step forward onto left foot, touch right toe behind left heel
- 3-4 (Small step) step backward onto right foot, touch left toe in front of right toe
- 5-6 Step forward onto left foot, turn ½ left & step backward onto right foot
- 7-8 Sweep left foot behind right, sway - stepping right foot to right

SWAY LEFT, SWAY RIGHT, CROSS TOUCH, ¼ LEFT STEP FORWARD, ¼ LEFT SIDE STEP, ¼ LEFT ROCK BACKWARD, STEP FORWARD, TOE TOUCH

- 9-10 Sway onto left foot, sway onto right foot
 - 11-12 Cross touch left toe over right foot, turn ¼ left & step forward onto left foot
 - 13-14 Turn ¼ left & step right foot to right side, turn ¼ left & rock backward onto left foot
- On count 11, swing arms to right. On counts 12-13, extend arms slightly with turn. On count 14, swing arms to left**
- 15-16 Step forward onto right foot, touch left toe behind right heel

SMALL STEP BACKWARD, ¾ RIGHT STEP FORWARD, CROSS ROCK, 'SPRING' STEP, ½ LEFT STEP FORWARD, STEP FORWARD, LOCKSTEP, STEP FORWARD

- 17-18 (Small step) step backward onto left foot, turn ¾ right & step forward onto right foot
- 19-20 Cross rock left foot over right, (with slight 'spring') step onto right foot
- 21-22 Turn ½ left & step forward onto left foot, step forward onto right foot
- &23-24 Lock left foot behind right, step forward onto right foot, step forward onto left foot

ROCK FORWARD WITH EXPRESSION, ROCK, ½ RIGHT STEP FORWARD, STEP FORWARD, LOCKSTEP, STEP FORWARD, ½ RIGHT STEP BACKWARD, BEHIND CROSS TOUCH

- 25-26 (Right toe pointing diagonal right & leaning backward) rock forward onto right foot, rock onto left foot
- On count 25, turn upper body slightly to right**
- 27-28 Turn ½ right & step forward onto right foot, step forward onto left foot
 - &29-30 Lock right foot behind left heel, step forward onto left foot, step forward onto right foot
 - 31-32 Turn ½ right & step backward onto left foot, cross touch right toe behind left foot

SIDE STEP, BEHIND CROSS TOUCH, ¼ RIGHT SIDE STEP, BEHIND CROSS STEP

- 33-34 Step right foot to right side, cross touch left toe behind right foot
- 35-36 Turn ¼ right & step left foot to left side, cross step right foot behind left

REPEAT

DANCE FINISH

The music will finish on count 24 of the 6th wall. To finish dance facing the 'home' wall, do the following after count 24:

- 1-2 Rock backward onto right foot, turn ¼ left & touch left toe to left side with (optional) right hand on hat brim and left hand on left hip
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