

# Phoenix

拍數: 48      牆數: 0      級數:  
編舞者: John Wood (UK) & Gail Wood (UK)  
音樂: Phoenix - The James Twins



Position: Sweetheart

## ROCKS/STEP/HOLD

1-4      Rock forward at 45 degrees crossing left foot over right, rock back on right foot, step left foot back in place and hold for one beat

## ROCKS/STEP/HOLD

5-8      Rock forward at 45 degrees crossing right foot over left, rock back on left foot, step right foot in place and hold for one beat

## TURN/HOLD

9-12      Gent 3 steps left-right-left turning  $\frac{1}{4}$  turn  
Lady turn  $\frac{3}{4}$  turn to the right on left on first step and hold for one beat right, left and hold for one beat

**(Arm movements. Gent brings Lady's Left arm over her head while turning changing hands when facing each other)**

## ROCKS/STEP/HOLD

13-16      Rock back on right foot behind left foot, rock forward on left foot, step together with right foot, hold for one beat  
17-20      Rock forward on left foot, rock back on right foot, step together with left foot, hold for one beat

## TURN/WRAP

21-24      Gent step right-left-right while turning to the left  
Lady step right-left-right while turning to the left a  $\frac{1}{4}$  turn and hold for one beat a  $\frac{3}{4}$  turn and hold for one beat

**(Arm movements. Gent brings Lady's Right arm over her head into wrap)**

## STEP SLIDES/TOUCH

25-28      Step forward on left foot, slide right to left, step forward on left foot and touch right beside left at 45 degrees

## STEP SLIDES/BRUSH

29-32      Step forward on right foot, slide left to right, step forward right at 45 degrees and brush left foot forward

## GRAPEVINE LEFT

33-36      Grapevine to the left with touch beside left

## GRAPEVINE RIGHT (WITH LADY TURNING)

37-40      Gent grapevine to the right on right-left-right  
Lady three step full turn to the right on right-left-right and touch left beside right and touch left beside right

**(Arm movements. Bring both arms up over head and change hands returning to Sweetheart position)**

## SHUFFLES

41-48      Four forward shuffles starting on left foot

REPEAT

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