

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
