

The Power Of Music

拍數: 80 牆數: 2 級數: Improver
編舞者: Amos Ghui
音樂: Let The Music Heal Your Soul - Bravo Allstars



The choreographer was age 10 when this dance was written
Special thanks to my mother, Vivien Ler for her valuable ideas

DRAG, TOUCH, SAILOR STEP, COASTER STEP, SAILOR ½

1-2 Step right long step to side, touch left beside right
3&4 Cross left behind right, step right slight in front of left, step left together (sailor step)
5&6 Step right behind left, step left slight in front of right, step right together
7&8 Cross left behind right with ½ turn, step right slight in front of left, step left together

FULL TURN, SHUFFLE, ROCK, ROCK, ½ SHUFFLE

1-2 Step right forward turning ½ turn left, step left forward making a ½ turn left
3&4 Right forward shuffle, right-left-right
5-6 Rock left forward, recover on left
7&8 Do a ½ turn shuffle turning left, left-right-left

ROCK, ROCK, COASTER STEP, SYNCOPATED VINE LEFT

1-2 Rock right forward, recover on left
3&4 Step right behind left, step left slight in front of right, step right together (coaster step)
5-6 Step left to side, cross right behind left
&7-8 Quick step left to side, cross right over left, step left together

FUNNY ROCKS, FUNNY ROCKS

1& Rock right behind left, recover on left
2& Rock right to side, recover on left
3&4 Rock right behind left, recover on left, step right to side
5&6&7&8 Repeat last 4 counts starting on left

ROCK BEHIND, FORWARD SHUFFLE, ROCK FORWARD BACK TOUCH

1-2 Rock right behind, recover on left
3&4 Right forward shuffle, right-left-right
5-6 Rock right forward, recover back on left
7-8 Step right back, touch left slight in front of left

SYNCOPATED VINE RIGHT, FUNNY ROCKS

1-2 Step right to side, cross left behind left
&3-4 Quick step right to side, cross left over right, step right together
5& Rock left behind right, recover on right
6& Rock left to side, recover on right
7&8 Rock left behind right, recover on right, step left to side

REPEAT LAST 4 COUNTS ON RIGHT, ROCK, ROCK, ½ SHUFFLE

1&2&3&4 Repeat last 4 counts on right
5-6 Rock left forward, recover on right
7&8 Do a ½ turn shuffle left, left-right-left

TRIPLE FULL TURNS FORWARD AND BACK, ROCK, ROCK, FORWARD SHUFFLE

- 1&2 Step right forward turning ½ turn left, step left forward making ½ turn left, step right forward (weight on right)
- 3&4 Step left back turning ½ turn right, step right back turning ½ turn right, step left behind (weight on left)
- 5-6 Rock right back, recover on left
- 7&8 Right forward shuffle, right-left-right

ROCK, ROCK, ½ SHUFFLE, TOUCH CROSSES

- 1-2 Rock left forward, recover on right
- 3&4 Do a ½ turn shuffle left, left-right-left
- 5-6 Touch right to side, cross right over left
- 7-8 Touch left to side, cross left over right

CROSS BEHIND UNWIND, KICK BALL TOUCH, TRIPLE FULL FORWARD, REPEAT

- 1-2 Cross right behind left, turn ½ right
- 3&4 Kick left out, step left together, touch right together
- 5&6 Step right forward turning ½ turn left, step left forward turning ½ turn left, step right forward (weight on right)
- 7&8 Repeat last 2 steps starting on left

Optional: instead of doing triple turns, you may do 2 forward shuffles, right-left-right, left-right-left

REPEAT
