

# Progress

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Val Tobin (UK)  
音樂: Work In Progress - Alan Jackson



## RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD, ½ RUMBA BOX

1&2      Step forward right, close left beside right, step forward right  
3&4      Step forward left, close right beside left, step forward left  
5-6      Step right to right side, close left beside right  
7-8      Step back on right, close left beside right

## RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD, STEP, ½ PIVOT, STEP, CLOSE

9&10      Step forward right, close left beside right, step forward right  
11&12      Step forward left, close right beside left, step forward left  
13-14      Step forward right, pivot ½ turn left  
15-16      Step forward right, close left beside right

## REPEAT SECTION 1

17-24      Repeat steps 1-8

## REPEAT SECTION 2

25-32      Repeat steps 9-16 finishing facing front wall

## RIGHT DIAGONAL SLIDE TWICE, STEP, CLOSE KICK BALL CHANGE

33-34      Step forward right on the diagonal, slide left up to close behind right  
35-36      Repeat steps 33-34  
37-38      Step forward right, close left beside right  
39&40      Kick forward right, step right to left (taking weight), replace weight stepping left beside right

## STEP, ½ PIVOT TWICE, ROCK STEP, COASTER STEP

41-42      Step forward right, pivot ½ turn left  
43-44      Repeat steps 41-42  
45-46      Rock forward on right, replace weight on left  
47&48      Step back on right, step left beside right, step forward right

## LEFT DIAGONAL SLIDE TWICE, STEP, CLOSE, COASTER STEP

49-50      Step forward left on the diagonal, slide right up to close behind left  
51-52      Repeat steps 49-50  
53-54      Step forward left, close right beside left  
55&56      Step back on left, step right beside left, step forward left

## STEP, ½ PIVOT, STEP ¼ PIVOT, KICK BALL CHANGE TWICE

57-58      Step forward right, pivot ½ turn left  
59-60      Step forward right, pivot ¼ turn left  
61&62      Kick forward right, step right to left (taking weight), replace weight stepping left beside right  
63&64      Repeat steps 61-62

## REPEAT