

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