

Raincheck

拍數: 64 牆數: 4 級數: Improver
編舞者: John Sharman (UK)
音樂: Raincheck - Speed Limit



SCUFF, BRUSH, STEP BACK, STEP BACK

- 1 Right foot scuff forward
- 2 Right foot brush back across left and step on right
- 3 Step back on left
- 4 Step back on right

LEFT JAZZ BOX AND CROSS

- 5 Left foot over right
- 6 Right foot step back
- 7 Left foot to left side
- 8 Right foot step over left (slightly forward)

CHASSE LEFT, ROCK, RECOVER

- 9 Left foot to left side
- & Right beside left
- 10 Left foot to left side
- 11 Rock back on right
- 12 Rock forward on left

CHASSE RIGHT, ROCK, RECOVER

- 13 Right foot to right side
- & Left foot beside right
- 14 Right foot to right side
- 15 Rock back on left
- 16 Rock forward on right
- 17-32 Repeat first 16 counts but on the opposite foot

STEP, SLIDE, STEP, SCUFF, TWICE

- 33 Step right foot forward
- 34 Slide left foot behind right
- 35 Step right foot forward
- 36 Scuff left foot
- 37 Step left foot forward
- 38 Slide right foot behind left
- 39 Step left foot forward
- 40 Scuff right foot

JAZZ BOX WITH ¼ TURN RIGHT

- 41 Right foot cross over left
- 42 Left foot step back with ¼ turn right
- 43 Right foot beside left
- 44 Step on left besides right

JAZZ BOX WITH ¼ TURN RIGHT

- 45 Right foot cross over left
- 46 Left foot step back with ¼ turn right

- 47 Right foot beside left
48 Step on left besides right

RIGHT AND LEFT TOE STRUTS (OR STRUT TURNS TO THE LEFT)

- 49-50 Right toe strut
51-52 Left toe strut
53-54 Right toe strut
55-56 Left toe strut

JAZZ BOX WITH ¼ TURN RIGHT

- 57 Right foot cross over left
58 Left foot step back with ¼ turn right
59 Right foot beside left
60 Step on left besides right

PIVOT TURNS TWICE

- 61 Right foot forward
62 Half turn left
63 Right foot forward
64 Half turn left

REPEAT
