

Realise

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Karen Woods (UK) & David J. Woods (UK)
音樂: I Could Never Realize - Magill



SYNCOPATED ROCKS, TOE STRUTS, ROCK AND CROSS

1& Rock forward onto right foot, recover back onto left
2& Rock back onto left foot, recover forward onto right
3&4& Repeat steps 1&2&
5& Strut right toe to right side, drop heel to floor
6& Strut left to across right, drop heel to floor
7&8 Rock right foot to side, recover onto left, cross right over left

SYNCOPATED ROCKS, TOE STRUTS, ROCK AND CROSS

9& Rock forward onto left, recover back onto right
10& Rock back onto left, recover forward onto right
11&12& Repeat steps 9&10&
13& Strut left toe to left side, drop heel to floor
14& Strut right toe across left, drop heel to floor
15&16 Rock left foot to side, recover onto right, cross left over right

TURNING BOX STEP, SHUFFLE FORWARD, ROCK AND STEP

17-18 Step right foot to right side, cross left foot over right
19-20 Step back onto right foot, step left to side making a ¼ turn to left
21&22 Step forward on right, close left beside right, step forward onto right
23&24 Rock forward on left, recover back onto right, step back on left

SHUFFLE BACK, ¼ TURN SHUFFLE, ROCK AND STEP, BEHIND-SIDE-CROSS

25&26 Step back on right, close left beside right, step back on right
& On the ball of your right foot make a ¼ turn to left
27&28 Step left to side, close right beside left, step left to side
29&30 Cross rock right over left, recover onto left, step right to side
31&32 Step left behind right, step right to side, cross left over right

REPEAT

TAG

The eight count tag is to be performed once after the third wall

1-2 Tap right heel forward on a diagonal twice
3&4 Step right behind left, step left to side, cross right over left
5-6 Tap left heel forward on a diagonal twice
7&8 Step left behind right, step right to side, cross left over right

FINISH

The song will end on count 16. When you have performed your rock and cross, splay hands in the air for a big finish!