

Slow Dancing

拍數: 32 牆數: 4 級數: Improver
編舞者: Dave Munro (UK)
音樂: Slow Dancing' With A Memory - Darryl Worley



SLOW LEFT COASTER CROSS, KICK RIGHT, 3 COUNT BOX, HIP SWAY

- 1-3 Step left back, step right beside left, cross left in front of right
- 4 Kick right foot to right diagonal
- 5-7 Cross right in front of left, step left back, step right to right side
- 8 Rock left forward (angle body so left hip is swaying towards 12:00) (12:00)

HIP SWAY, STEP FORWARD, 3 COUNT ROCKING CHAIR, SWEEP LEFT, STEP SIDE

- 1-2 Rock back right (swaying hips back towards 6:00), step forward left
- 3-5 Rock forward right, rock back left, step back right

Alternative steps (for more of a challenge):

- 3-4 Step forward right, pivot ½ turn left
- 5 ½ turn left stepping back on to right

- 6-7 Sweep left out to left ending crossed behind right (with weight)
- 8 Step right to right side.(12:00)

HIP SWAYS, STEP FORWARD LEFT, STEP ½ PIVOT, STEP FORWARD, STEP ¼ PIVOT

- 1-2 Rock left forward (angle body so left hip is swaying towards 12:00), rock back right (swaying hips back towards 6:00)
- 3 Step forward left

Tag danced at this point on wall six

- 4-5 Step forward right, pivot ½ turn left
- 6-8 Step forward right, step forward left, pivot ¼ turn right (9:00)

3 COUNT BOX, RIGHT STEP LOCK STEP, ROCK FORWARD LEFT, ROCK BACK RIGHT

- 1-3 Cross left in front of right, step right back, step left to left side
- 4-6 Step right forward, lock left behind right, step right forward
- 7-8 Rock forward left, rock back right.(9:00)

REPEAT

TAG

After count 19 of wall 6

RIGHT ROCKING CHAIR

- 1-4 Rock forward right, rock back left, rock back right, rock forward left