

Soft & Low

拍數: 60 牆數: 4 級數: Intermediate foxtrot
編舞者: Tom Monaghan (NZ) & Wendy Monaghan (NZ)
音樂: Your Man - Josh Turner



Start on the word "lights" 37 beats in

RIGHT FULL TURN FORWARD, STEP, PIVOT, CROSS/STEP

1-2-3 Full turn forward stepping right, left, right
4-5-6 Step left forward, pivot $\frac{1}{4}$ turn right, cross/step left over right

SIDE, ROCK, BEHIND TWICE

1-2-3 Side/rock right to right, recover on left, step right behind left
4-5-6 Side/rock left to left, recover on right, step left behind right

$\frac{1}{4}$ TURN STEP, $\frac{1}{2}$ PIVOT, FORWARD, FORWARD, BACK

1-2-3 Step right into $\frac{1}{4}$ turn right, step left forward, pivot $\frac{1}{2}$ right (weight on right)
4-5-6 Step left forward, step right beside left, step left back

BACK ROCK, FORWARD ROCK, STEP, CROSS/STEP, $\frac{1}{4}$ TURN

1-2-3 Rock back on right, rock/step forward on left, step forward on right
4-5-6 Cross/step left over right, step right back into $\frac{1}{4}$ left, step forward on left

FORWARD ROCK, BACK ROCK, STEP, SIDE/ROCK, RECOVER, STEP

1-2-3 Rock forward on right, rock back on left, step back on right
4-5-6 Rock/ step left to left, recover on right, step left behind right

$\frac{1}{4}$ TURN, STEP, $\frac{1}{2}$ PIVOT, SIDE BEHIND, SIDE CROSS

1-2-3 Step right into $\frac{1}{4}$ right, step left forward, pivot $\frac{1}{2}$ right, (weight on right)
4-5&6 Step left to left, step right behind left, step left to left, cross/ step right over left

SIDE BEHIND, SIDE CROSS, SIDE ROCK, CROSS

1-2&3 Step left to left, step right behind left, step left to left, cross/step right over left
4-5-6 Rock/step left to left, recover on right, cross step left over right, (moving forward)

SIDE ROCK CROSS, BACK SIDE CROSS

1-2-3 Rock/step right to right, recover on left, cross step right over left, (moving forward)
4-5-6 Step left back into $\frac{1}{4}$ right, step right to right side turning $\frac{1}{4}$ right, cross step left over right

BACK SIDE FORWARD, BACK BACK FORWARD

1-2-3 Step right back, into $\frac{1}{4}$ left, step left to left side turning $\frac{1}{4}$ left, step right forward
4-5-6 Rock back onto left, step back onto right, rock forward onto left

FORWARD $\frac{1}{2}$ PIVOT, STEP, FORWARD $\frac{1}{4}$ PIVOT STEP

1-2-3 Step right forward, pivot $\frac{1}{2}$ left, step right forward
4-5-6 Step left forward, pivot $\frac{1}{4}$ right, step left forward

REPEAT