

Soft And Slow

拍數: 32 牆數: 2 級數: Improver
編舞者: Kim Swan (UK)
音樂: Nothing On but the Radio - Gary Allan



STEP LEFT, STEP RIGHT BACK, CROSS SHUFFLE, STEP, SLIDE, STEP AND CROSS

1-2 Step left to left side, step back on right
&3-4 Cross left over right, step right to right side, cross left over right
5-6 Step right to right side, slide left to touch next to right
&7-8 Step left to the left, step right next to left, step left across right

TOE, KICK WITH ¼ TURN, COASTER, STEP, SLIDE, STEP AND CROSS

1-2 Touch right toe next to left instep with knee turned in, turn ¼ right on ball of left kicking right forward
&3-4 Step back on right, step left next to right, step right forward
5-6 Step left to left side, slide right to touch next to left
&7-8 Step right to the right, step left next to right, step right across left

CROSS, ROCK, RECOVER, TURNING CROSSES, BACK SHUFFLE

1&2 Cross left over right, rock to the right, recover on left
3&4 Cross right over left, step back on left making ¼ turn right, step right to right
5-6 Cross left over right, step back on right making ¼ turn left
&7-8 Left shuffle back stepping left, right, left

ROCK, RECOVER, FULL TURN, TURNING JAZZ BOX INTO CROSS STEP

1-2 Rock back on right, recover on left
3-4 Step back on right making ½ turn left, step forward on left making ½ turn left
5-6 Cross right over left, step back on left
&7-8 Step onto right making ¼ turn right, step left next to right, cross right over left

REPEAT
