

Soft & Slow

拍數: 32 牆數: 4 級數: Improver
編舞者: Ed Lawton (UK) & Rob Fowler (ES)
音樂: Your Man - Josh Turner



SWEEP CROSS STEP, SHUFFLE, ROCK, ¼ TURN SHUFFLE

1-3 Sweep right foot forward, step right over left, step back on left
4&5 Shuffle back on right, left, right
6-7 Step back on left, rock forward on right
8&1 Make a ¼ turn right and side shuffle left on left, right, left

½ TURN, SIDE TOGETHER, SHUFFLE, ROCK, SHUFFLE

2-3 Make a ½ turn left then step right to right, step left next to right
4&5 Side shuffle right on right, left, right
6-7 Step forward on left, rock back onto right
8&1 Shuffle back on left, right, left

ROCK, ROCK ROCK CROSS, ¼ TURN TWICE, STEP

2-3 Step back on right, rock forward onto left
4&5 Step right to right, rock onto left, step right over left
6-7 Make a ¼ turn right stepping back on left, make a ¼ turn right stepping right to right
8-1 Step left over right, touch right toe to right side

FULL MONTEREY TURN, HITCH, SHUFFLE, STEP ¼ TURN, CROSS ¼ TURN

2-3 Make a full turn right stepping right next to left, hitch left
4&5 Step left over right, step right to right, step left over right
6-7 Step right to right, make a ¼ turn left stepping left to left
8& Step right over left, make a ¼ turn left stepping forward on left

REPEAT
