A Soft Place



拍數: 48 牆數: 2 級數: Improver

編舞者: William Sevone (UK)

音樂: A Soft Place to Fall - Allison Moorer



CROSS BEHIND, STEP, STEP

1-2-3 Cross left foot behind right, step right foot next to left, step left foot in place

Styling note: on count 1 bend both knee's slightly. On count's 1-2 sweep right open palmed arm from chest-towards floor-to right

4-5-6 Cross right foot behind left, step left foot next to right, step right foot in place

Styling note: on count 4 bend both knee's slightly. On count's 4-5 sweep left open palmed arm from chest-towards floor-to left

CROSS BEHIND, 1/2 RIGHT WITH SIDE STEP, CROSS BEHIND, STEP, STEP

7-8-9 Cross left foot behind right, with ½ right step right foot to side, step left foot to side

Styling note: on count 7 bend both knee's slightly

10-11-12 Cross right foot behind left, step left foot next to right, step right foot in place

Styling note: on count 10 bend both knee's slightly. On count's 10-11 sweep left open palmed arm from chest-towards floor-to left

3X SIDE ROCKS - LEFT-RIGHT-LEFT

13-14-15 Rock onto left foot, rock back onto right foot, rock back onto left foot (transfer weight to right) Styling note: with both arm's bent at elbow's facing forward and palm's facing each other, move arms and wrist's into direction of each 'rock'

CROSS BEHIND, 1/2 RIGHT WITH SIDE STEP, CROSS BEHIND, STEP, STEP

16-17-18 Cross left foot behind right, with ½ right step right foot to side, step left foot to side, (transfer weight to right)

Styling note: on count 16 bend both knee's slightly

19-20-21 Cross left foot behind right, step right foot next to left, step left foot in place

Styling note: on count 19 bend both knee's slightly. On count's 19-20 sweep right open palmed arm from chest-towards floor-to right

3X SIDE ROCKS - RIGHT-LEFT-RIGHT

22-23-24 Rock onto right foot, rock back onto left foot, rock back onto right foot

Styling note: with both arm's bent at elbow's facing forward and palm's facing each other, move arms and wrist's into direction of each 'rock'

1/4 LEFT WITH BACK STEP, CROSS BEHIND, STEP, BACK STEP, CROSS BEHIND, STEP

25-26-27 Turning ½ left on right foot - step back onto left foot, cross right foot behind left, step left foot

next to right

28-29-30 Step back onto right foot, cross left foot behind right, step right foot next to left

34 RIGHT, FORWARD ROCK STEP, ROCK BACK, 2X SIDE ROCKS: LEFT-RIGHT

31-32-33 Turning ½ right on right foot - step back onto left foot, turning ½ turn right on left foot - step

forward onto right foot, step/rock forward onto left foot

34-35-36 Rock back onto right foot, step/rock left foot to side, rock back onto right foot

2X SIDE STEP AND SLIDE

37-38-39 Step left foot to side (1 count), slide/drag right foot and touch next to left (2 counts)

Styling note: on count 37 raise left open palmed arm across to right shoulder. On counts 38-39 sweep arm towards and across floor and extend to left

40-41-42 Step right foot to side (1 count), slide/drag left foot and touch next to right (2 counts)

Styling note: on count 40 raise right open palmed arm across to left shoulder. On count's 41-42 sweep arm

towards and across floor and extend to right

BACK STEP, FULL TURN RIGHT, STEP BACK, STEP, STEP

43-44-45 Step back onto left foot, turning ½ right on ball of left foot - step onto right foot, turning ½ right

on ball of right foot - step onto left foot

46-47-48 Step right foot back, step left foot next to right, step right foot in place

REPEAT