Southern Cross

拍數: 36

級數: Intermediate/Advanced waltz

編舞者: Lori Wong (USA)

音樂: Baby's Gone Blues - Shelby Lynne

LEFT ROCK FORWARD, BACK RIGHT, BACK LEFT % TURN LEFT RIGHT CROSS OVER LEFT, UNWIND % TURN TO LEFT, PAUSE

- 1-3 Left rock forward; right step back; left step back ¹/₄ turn to left (traveling backward, facing left)
- 4-6 Right cross-step in front of left; unwind ½ turn to left (facing right of start of dance); change weight to left foot

ROLLING 1 AND ¼ TURN TO RIGHT LEFT FORWARD, RIGHT LIFT AND HOLD

- 1-3 Right step $\frac{1}{2}$ turn to right; left step forward $\frac{1}{2}$ turn to right; right step forward $\frac{1}{2}$ turn to right
- 4-6 Left step forward; lift right leg and hold

RIGHT ROCK FORWARD, BACK LEFT, BACK RIGHT ½ TURN RIGHT LEFT CROSS OVER RIGHT, UNWIND ½ TURN TO RIGHT, PAUSE

- 1-3 Right rock step forward; left step back; right step back ¼ turn to right (traveling backward, facing left of start)
- 4-6 Left cross-step in front of right; unwind ½ turn to right (facing right of start); hold (weight remains on left)

RIGHT STEP BACK, LEFT STEP CENTER, RIGHT STEP FORWARD LEFT LEG LIFT, LEFT CROSS OVER RIGHT, RIGHT STEP BACK (STYLIZED JAZZ SQUARE)

- 1-3 Right rock back; left step in center; right step forward
- 4-6 Lift (kick) left leg forward; left cross-step over right; right step back

LEFT STEP ¼ TURN TO LEFT, DRAG RIGHT NEXT TO LEFT RIGHT STEP ¼ TURN TO RIGHT AND PIVOT ON BALL OF RIGHT FOOT ½ TURN TO RIGHT (¾ ROTATION)

1-3 Left step ¼ turn to left; drag right left next to left for counts 2 and 3 (weight remains on right)
4-6 Right step ¼ turn to right staying on ball of foot; continue to turn to right ½ turn to complete a ¾ rotation

LEFT CROSS OVER RIGHT, RIGHT TOUCH NEXT TO LEFT, PAUSE RIGHT CROSS OVER LEFT, LEFT TOUCH NEXT TO RIGHT, PAUSE

- 1-3 Left cross step over right (facing about 45 degrees to right); right point right and touch next to left (face forward); hold
- 4-6 Right cross step over left (facing about 45 degrees to left); left point left and touch next to right (face forward); hold

REPEAT





牆數:4