

Stay Home

拍數: 32 牆數: 4 級數: Improver
編舞者: Caz Mawby (UK)
音樂: Stay Home - sElf



HEEL SWITCHES, STEP LOCK STEP, HEEL SWITCHES, STEP LOCK STEP

1&2& Touch right heel forward, place right, touch left heel forward, place left
3&4 Step forward onto right, lock left behind right, step forward onto right
5&6& Touch left heel forward, place left, touch right heel forward, place right
7&8 Step forward onto left, lock right behind left, step forward onto left

FORWARD ROCK, BACK ROCK, SIDE ROCK, CROSS, FORWARD ROCK, BACK ROCK, ¼ TURN LEFT, KICK

1&2& Rock forward onto right, recover weight onto left, rock back onto right, recover weight forward onto left
3& Rock right out to side, recover weight onto left
4 Cross right over left
5&6& Rock forward onto left, recover weight onto right, rock back onto left, recover weight forward onto right
7 Making a ¼ turn left stepping forward onto left
8 Kick right forward

COASTER, CHASSE LEFT, ¼ TURN LEFT CHASSE RIGHT, ¼ TURN LEFT CHASSE LEFT

1&2 Step back onto right, step left together, step forward onto right
3&4 Step left to side, close right next to left, step left to side
5&6 Turning a ¼ turn left step right to side, close left next to right, step right to side
7&8 Turning a ¼ turn left, step left to side, close right next to left, step left to side

CROSS SIDE SAILOR STEP, CROSS SIDE SAILOR STEP

1-2 Cross right over left, step left to side
3&4 Cross right behind left, step left to side, step right to place
5-6 Cross left over right, step right to side
7&8 Cross left behind right, step right to side, step left to place

REPEAT
