

Steel Bars

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Lisen Persson (SWE)
音樂: Steel Bars - Michael Bolton



CROSS, HOLD, SIDE, BEHIND, SIDE, CROSS ROCK, CHASSE

1-2 Cross right over left, hold
&3-4 Step left to left, cross right behind left, step left to left
5-6 Cross rock right over left, recover weight to left
7&8 Step right to right, step left next to right, step right to right

CROSS, HOLD, TURN ¼ LEFT, STEP, STEP, TOUCH, TOUCH, STEP, ROCK

1-2 Cross left over right, hold
&3-4 Turn ¼ left and step right back, walk left, right
5&6 Touch left toe forward, touch left next to right, step left forward
7-8 Rock right forward, recover weight to left

STEP, HOLD, TURN ½ LEFT, STEP, TURN ½ LEFT, KICK BALL STEP, TOUCH

1-2 Step right back, hold
3 Turn ½ left and step left forward
4-5 Step right forward, pivot ½ left (weight on left)
6&7 Kick right forward, step right next to left, step left forward
8 Touch right next to left

Restart after a small tag here on your 6th wall

ROCK, COASTER STEP, ROCK, TURN ¼ LEFT, LONG STEP, DRAG

1-2 Rock right forward, recover weight to left
3&4 Step right back, step left next to right, step right forward
5-6 Rock left forward, recover weight to right
7-8 Turn ¼ left and take a long step to left, drag right next to left

Restart here during 5th wall

STEP, CROSS, SIDE, TURN ¼ LEFT, TOUCH, STEP, TOUCH ¼ LEFT, STEP, TOUCH ¼ RIGHT

&1-2 Step right beside left, cross left over right, step right to side
3-4 Turn ¼ left and step left back, touch right beside left

Restart here during your 4th wall

5-6 Step right slightly forward, on ball of right turn ¼ left and touch left toe forward
7-8 Turn ¼ right and step left next to right, touch right toe forward

Restart here during your 2nd wall

BESIDE, WALK, WALK, SHUFFLE, STEP, STEP, TURN ½ RIGHT, STEP

&1-2 Step right beside left, walk left, right
3&4 Step left forward, step right next to left, step left forward
5 Step right forward
6-7 Step left forward, pivot ½ right (weight on right)
8 Step left forward

REPEAT

RESTART

On your 2nd wall after 40 counts (facing 12:00 wall) start the dance all over again

RESTART

On your 4th wall after 36 counts (facing 12:00 wall) start the dance all over again

RESTART

On your 5th wall after 32 counts (facing 6:00 wall) start the dance all over again

TAG/RESTART

On your 6th wall after 24 counts (facing 3:00 wall) hold two counts and then start the dance all over again
(two counts without music)
