

Ten Rounds

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Terry Hogan (AUS)
音樂: Ten Rounds With Jose Cuervo - Tracy Byrd



ROCK FORWARD, BACK ½R, FORWARD, HOLD, FORWARD, FORWARD, ROCK, REPLACE ½ LEFT, FORWARD

- 1-2 Rock-step right foot forward, rock backward onto left making ½ turn right
- 3-4 Step right forward, hold
- &-5 Step left slightly forward, step right forward
- 6-7 Rock-step left foot forward, rock backward onto right foot making ½ turn left
- 8 Step left foot forward

SHUFFLE, FORWARD, FORWARD ½ PIVOT LEFT, ½ LEFT, ROCK BACK, FORWARD

- 9&10 Shuffle forward right, left, right
- 11 Step left foot forward
- 12-13 Step right forward, make ½ pivot turn left and step forward onto left foot
- 14 Step right forward and make ½ turn left
- 15-16 Rock-step left foot backward, rock forward onto right

SHUFFLE, CROSS, SIDE, ½ RIGHT SHUFFLE, SAILOR STEP

- 17&18 Shuffle to the left side left, right, left
- 19-20 Step right foot across in front of left, step left foot to the side
- 21&22 Make ½ turn right on ball of left foot and shuffle to the right side right, left, right
- 23&24 Step left across behind right, step ball of right to the side, replace weight on left

ROCK BEHIND, REPLACE, SIDE, ¼L, SHUFFLE ½ LEFT, SHUFFLE ½ LEFT

- 25-26 Rock-step right foot across behind left, replace weight on left foot
- 27-28 Step right to the side, make ¼ turn left and step forward onto left foot
- 29&30 Shuffle forward right, left, right making ½ turn left
- 31&32 Shuffle backward left, right, left making ½ turn left--finish the shuffle traveling forward

REPEAT

TAG

After the 2nd wall (you will be facing the back)

- 1-10 Repeat first 10 counts of main dance
- 11-12 Step left forward, make ½ pivot turn right and step forward onto right foot
- 13-14 Rock-step left forward, rock back onto right
- 15-16 Rock-step left backward, rock forward onto right
- & Step left foot beside right

At the end of the 7th complete wall the music slows and you need to slow the last 8 counts of the dance for 8 beats to keep in time. It is difficult to count so if you have problems it is reasonably easy to hear when the rhythm kicks in again to restart.