

Then This (P)

拍數: 48 牆數: 0 級數: Partner
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音樂: Then What? - Clay Walker



ROCKS FORWARD AND BACK

Use lots of Latin style hips and small steps for all rocks

Man's steps are shown. Lady mirror's man's steps until count 8.

- 1 Rock forward on left foot
- & Return weight to right foot
- 2 Step left foot next to right
- 3 Rock back on right foot
- & Return weight to left foot
- 4 Step right foot next to left (LADY: Touch left on 4)
- 5 Both rock forward on left foot at a slight right diagonal
- & Return weight to right
- 6 Step left next to right facing partner
- 7 Both rock forward on right foot at a slight left diagonal
- & Return weight to left
- 8 **MAN:** Step right next to left facing partner
LADY: Touch right

Variation for 5-8: lady steps left next to right on 4. On 5&6 the man rocks to left side, returns weight, and steps left next to right. The lady rocks to her right side, returns weight, and steps right next to left. Repeat on opposite foot to other side for 7&8.

WEAVING VINE, LADY FULL PIVOT TURN, ROCKS FORWARD AND BACK

- 9&10& **MAN:** (vine right) cross left behind right, step right foot to right side, cross left over right, step right to right side
LADY: (vine left) cross right over left, step left foot to left side, cross right behind left, step left to left side
- 11-12 **MAN:** Cross left behind right, step right out to right side
LADY: Full turn left stepping right, left

Hands at chest level, elbows bent, palms facing forward and pressed against partner's

- 13&14 **MAN:** Rock forward on left foot, return weight right foot, step left foot next to right
LADY: Rock forward on right foot, return weight left foot, step right foot next to left
- 15&16 **MAN:** Rock back on right foot, return weight to left foot, step right foot next to left
LADY: Rock back on left foot, return weight to right foot, step left foot next to right

TRIPLE WITH WRAP, DIAGONAL ROCKS, STEPS FORWARD AS LADY TURNS

- 17&18 **MAN:** Triple forward left, right, left wrapping lady in front of you
LADY: Walk away from your partner turning ½ to left (right(17), left(18))
- 19&20 BOTH: Rock forward at a on right foot, return weight to left, step right next to left
- 21&22 BOTH: Rock back with left foot, return weight to right, step left next to right
- 23-24 **MAN:** Step forward right, left, releasing your right hand and turning lady to her left 1 ½ turns to unwrap her
LADY: Moving forward, turn 1 ½ left stepping right, left, right to end facing man

ROCK SAME DIRECTION, ROCK APART, DIP

- 25&26 **MAN:** In single hand hold or closed position, rock forward on right, return weight to left, step right next to left
LADY: Rock forward on left, return weight to right, step left next to right

On &28 count the man may bring lady's arm around behind his neck to end with his left arm across his chest

- 27&28 **MAN:** Rock slightly back on left, return weight to right, step left apart from right preparing for dip
 LADY: Step slightly back on right, return weight to left, step forward on right to meet partner and prepare for dip
- 29 **MAN:** Drop left arm to side (or remain in closed position)
- 30 Dip lady to your left holding her with you right arm
- 31 **MAN:** Lift lady back up from dip in one count
- 32 Hold (may continue one arm only or resume closed position)

WHEEL TOGETHER, MAN CIRCLES BEHIND LADY, ROCK FORWARD

In offset position, both begin full wheel to the right

- 33&34 **MAN:** Step left, right, left
 LADY: Step right, left, right

Right hands at each other's waist. Continue wheel.

- 35&36 **MAN:** Step right, left, right
 LADY: Step left, right, left to finish in same position as start of wheel

Wheel 1 and ¼ if you wish to make this a 4 wall rather than a 2 wall dance

- 37-38 **MAN:** Slide right hand around lady's waist as you circle behind her and around to her left side stepping left, right
 LADY: Release arm(s) and hold position or sway left, right as man circles behind you
- 39&40 **BOTH:** Rock forward at a slight right diagonal with left foot, return weight to right, step left next to right

ROCKS FORWARD, LADY CIRCLES AROUND MAN

- 41&42 **BOTH:** Rock forward at a slight left diagonal with right foot, return weight to left, step right next to left
- 43&44 **BOTH:** Rock forward at a slight left diagonal with right foot, return weight to left, step right next to left
 LADY: Turn to your right and begin half circle traveling around behind man stepping left, right, left
- 45&46 **BOTH:** Rock forward at a slight left diagonal with right foot, return weight to left, step right next to left
 LADY: Continue half circle stepping right, left, right to end on left side of man

As lady circles behind you take lady's right hand in your left on 46 to guide her turn on counts 47&48

- 47-48 **MAN:** Hold or sway hips left, right
- 47&48 **LADY:** Step in front of man making a full turn right (left, right, left) and resume closed position

REPEAT

VARIATIONS FOR NIGHT CLUB TWO STEP TEMPO MUSIC

Man' footwork shown, lady's opposite foot and direction unless otherwise indicated

NIGHT CLUB TWO STEP BASICS, DIAGONAL ROCKS

Instead of rocks and returns, use night club two step footwork

- 1&2 Night club basic (man rocks back on left first)
- 3&4 Repeat basic on opposite foot
- 5&6 **MAN:** Rocks forward diagonally right, returns weight to right, steps left next to but apart from right
 LADY: Rocks forward diagonally left, returns weight to left, steps right next to but apart from left
- 7&8 Repeat on opposite foot changing hands.
- Inside hands should join and outside hands release 5-8**

WEAVING VINE AND TURN

- 9-12 Vine steps remain the same

Variation for steps 9-12:

- 9 Cross left in front of right
10 Hitch right knee to face ¼ left
11 Step right to right side turning ¼ right to face partner again
& Slide left foot to right
12 Step right to right side

Or release both hands and make full turn right on (11&12)

(Opposite footwork for lady)

This variation may also be used in original for faster tempo music

- 13-16 Replace rocks with basics

½ TURN, BASICS, LADY'S 1 ½ TURN

- 17-24 Steps remain the same replacing rocks with basics

BASICS, DIP

- 25-28 Replace rocks with basics
29-32 Dip remains the same but use 31-32 to lift lady slowly

WHEEL, MAN CIRCLES BEHIND LADY, BASIC

- 33-36 Steps remain the same
(Both may want to use 1&2&3&4 or 1, 2, 3, 4 depending upon tempo of music.)
37-38 Steps remain the same
39&40 Replace rock with basic in caped position, man on left side of woman

BASIC AND LADY'S CIRCLE

- 41&42 Basic in cape position
&43-46 Release left hands on &, on count 43 man changes left hand to lady's right dropping his right. Man may hold or do basics on 43&44 and 45&46 lifting left arm overhead as lady circles behind
LADY: Steps remain the same
47&48 Hold or sway left, right aiding lady in her turn on 47-48

Resume closed position and begin dance again
