

Three Months, Two Weeks

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Lois Lightfoot (UK)
音樂: Three Months, Two Weeks - Jill King



CROSS ROCK, RIGHT CHASSE, WEAVE RIGHT

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

CROSS ROCK, CHASSE SIDE, CROSS ROCK, SHUFFLE ¼ TURN

9-10 Cross rock left foot over right foot recover weight onto right foot
11&12 Step left foot to left side, close right next to left, step left to side
13-14 Cross rock right foot over left foot, recover weight onto left foot
15&16 Step right to side, close left next to right, step right to side making ¼ turn right

ROCK FORWARD, SHUFFLE ½ TURN, WALK FORWARD, SHUFFLE

17-18 Rock forward onto left foot, recover weight onto right foot
19&20 Step left back making ½ turn to left, step right next to left, step left forward
21-22 Step forward on right foot, step forward on left foot, (can replace with full turn left)
23&24 Step right foot forward, step left next to right, step right foot forward

TOUCH, HOOK, SHUFFLE, ROCK FORWARD, SHUFFLE ½ TURN

25-26 Touch left foot forward, hook left foot over right knee
27&28 Step left foot forward, step right next to left, step left foot forward
29-30 Rock forward onto right foot, recover weight onto left foot
31&32 Step right foot back making ½ turn right, step left to right, step right forward

STEP PIVOT ½ TURN, SHUFFLE ½ TURN, ROCK BACK, CHASSE SIDE

33-34 Step forward on left foot, pivot ½ turn to right
35&36 Shuffle ½ turn over right shoulder stepping left, right, left
37-38 Rock back onto right foot, recover weight onto left foot
39&40 Step right foot to side, close left next to right, step right foot to side

CROSS ROCK LEFT, SHUFFLE ¼ TURN, PIVOT ½, WALK FORWARD

41-42 Cross rock left over right foot, recover weight onto right foot
43&44 Step left foot to side making ¼ turn to left, close right to left, step left forward
45-46 Step right foot forward, pivot ½ turn to left
47-48 Step right foot forward, step left foot forward. (can replace with full turn left)

REPEAT
