

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
