

# To The West

拍數: 40      牆數: 4      級數: Improver  
編舞者: Cara Townsend & Ray Cadden (UK)  
音樂: Downtime - Jo Dee Messina



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## RIGHT SIDE TOGETHER, SIDE SHUFFLE, CROSS ROCK, BACK ROCK

1-2      Step right to right side, step left next to right  
3&4      Step right to right, step left next to right, step right to right  
5-6      Cross left across right rocking weight forward recover weight back on to right  
7-8      Rock back on to left foot, recover weight forward on to right

## LEFT SIDE TOGETHER, SIDE SHUFFLE, CROSS ROCK, BACK ROCK

1-2      Step left to left side, step right next to left  
3&4      Step left to left side, step right next to left, step left to left side  
5-6      Cross right across left rocking weight forward recover weight back on to left  
7-8      Rock back on to right foot, recover weight forward on to left foot

## RIGHT KICK BALL CHANGE, STEP PIVOT. TRIPLE HALF TURN TWICE

1&2      Kick right foot forward, step right foot next to left, transfer weight onto left foot  
3-4      Step forward on right foot, turn half turn left  
5&6      Make half turn over left shoulder, stepping right, left, right  
7&8      Make half turn over left shoulder, stepping left, right, left

## ROCKING CHAIR, HIP BUMPS

1-2      Rock forward on right foot, recover weight on to left foot  
3-4      Rock back on right foot, recover weight on to left foot  
5-6      Stepping slightly forward on right foot, bump hips forward and back  
7&8      Bump hips forward, back, forward

## ROCK RECOVER, TRIPLE THREE QUARTER TURN, TOUCH BALL CHANGE TWICE

1-2      Rock forward onto right foot, recover weight onto left foot  
3&4      Turn  $\frac{3}{4}$  turn over left shoulder stepping left, right, left  
5&6      Touch right toe forward, step right next to left, transfer weight to left foot  
7&8      Touch right toe forward, step right next to left, transfer weight to left foot

REPEAT

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