

War

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Aileen Brennan (UK)
音樂: War - Edwin Starr



FULL MONTEREY TURN RIGHT, LEFT SIDE ROCK CROSS, WALK RIGHT, WALK LEFT, RIGHT SHUFFLE FORWARD

1-2 Touch right toe to right side, make full turn right on left foot bringing right next to left
3&4 Rock left to left side, recover onto right, cross left over right
5-6 Walk forward right then left
7&8 Step forward right, close left beside right, step forward right

FORWARD ROCK, LEFT COASTER STEP, STEP FORWARD RIGHT PIVOT ¼ TURN LEFT, RIGHT CROSS SHUFFLE

1-2 Rock forward on left, recover onto right
3&4 Step back left, step right beside left, step forward left
5-6 Step forward right, pivot ¼ turn left
7&8 Cross right over left, step left to left side, cross right over left

LEFT SIDE ROCK, SAILOR ¼ TURN LEFT, 2 X FULL TURNS (TRAVELING FORWARD)

1-2 Rock left to left side, recover onto right
3&4 Cross left behind right, step right to right side, step left ¼ turn left
5-6 Step forward on right making a full turn left, step forward left
7-8 Step forward right making a full turn left, step forward left

Easier option for counts 5-8 walk forward right, left, right, left

RIGHT& LEFT HEEL JACKS, ROCK FORWARD ON RIGHT, TRIPLE ¾ TURN RIGHT

1&2 Cross right over left, step back left, dig right heel forward
&3&4 Step right together, cross left over right, step back right, dig left heel forward
&5-6 Step left next to right, rock forward on right, recover onto left
7&8 Make ¾ turn right stepping right, left, right

TOUCH LEFT TO LEFT SIDE WITH HIP BUMPS FORWARD & BACK, TOUCH RIGHT TO RIGHT SIDE WITH HIP BUMPS FORWARD & BACK, RIGHT SAILOR STEP, LEFT SAILOR STEP

1&2 Touch left toe to left side, bump hips forward, bump hips back
&3&4 Step left next to right, point right toe to right side, bump hips forward, bump hips back
5&6 Cross right behind left, step left to left side, step right to right side
7&8 Cross left behind right, step right to right side, step left to left side

Easier option for counts 1-4, instead of hip bumps, clap hands twice

REPEAT