

Into Action

拍數: 48 牆數: 4 級數: Improver
編舞者: Larry Hayden (UK)
音樂: Into Action - Tim Armstrong



SIDE TOGETHER, SHUFFLE, ROCK, ½ TURN

1-2 Step right to side, step left together
3&4 Step right forward, step left together, step right forward
5-6 Rock left forward, recover onto right
7-8 Turn ½ left and step left forward, hold

¼ PADDLE/PIVOT TWICE, CROSS, SIDE, SAILOR CROSS

1-2 Step right forward, turn ¼ left (weight to left)
3-4 Step right forward, turn ¼ left (weight to left)
5-6 Cross right over left, step left to side
7&8 Cross right behind left, step left to side, cross right over left

¼ TURN, STEP, HOLD, HEEL DIGS X 3, HOOK ¼ TURN

1-2 Step left to side, turn ¼ right (weight to right)
3-4 Step left forward, hold
5&6& Touch right heel forward, step right together, touch left heel forward, step left together
7-8 Touch right heel forward, turn ¼ right and hook right over left

ROLLING VINE, TOUCH, SIDE, TOGETHER, SHUFFLE

1-2-3-4 Turn ¼ right and step right forward, turn ½ right and step left back, turn ½ right and step right to side, touch left together

Option: step left to side, cross right behind left, step right to side, touch left together

5-6 Step left to side, step right together
7&8 Step left forward, step right together, step left forward

Restart here on wall 6

ROCK, ¼ TURN, WEAVE

1-2 Rock right forward, recover onto left
3-4 Turn ¼ right and step right to side, hold
5-6 Cross left over right, step right to side
7-8 Cross left behind right, step right to side

ROCK, ¼ TURN, ROCK, ¼ TURN, POINT, FLICK

1-2 Cross/rock left over right, recover onto right
3-4 Turn ¼ left and step left to side, hold
5-6 Cross/rock right over left, recover onto left
7-8 Turn ¼ right and touch right to side, flick right back

REPEAT

RESTART

On wall 6 dance up to count 32 and the start again from the beginning