

How Far?

拍數: 32 牆數: 4 級數: Intermediate nightclub
編舞者: Lisa Ferguson (UK)
音樂: How Far - Martina McBride



LEFT ROCK & ½ TURN LEFT, STEP RIGHT, ½ TURN LEFT, STEP RIGHT, CROSS ROCK, REPLACE, DRAG, CROSS ROCK, REPLACE WITH ¼ TURN RIGHT

1&2 Rock forward on left, replace weight onto right, make ½ turn left stepping forward left
3&4 Step forward right, ½ pivot turn left, step forward right
5&6 Cross rock left over right, replace weight onto right, step left to left side dragging right up beside left
7&8 Cross rock right over left, replace weight onto left, step right ¼ turn right

STEP LEFT, ½ TURN RIGHT, ¼ TURN RIGHT, BEHIND, SIDE, CROSS, ROCK & CROSS, SIDE, BEHIND, SIDE

1&2 Step forward left, ½ pivot turn right, step left ¼ turn right
3&4 Cross right behind left, step left to left side, cross right over left
5&6 Step left to left side rocking weight onto it, replace weight onto right, cross left over right
7&8 Step right to right side, cross left behind right, step right to right side

CROSS ROCK, REPLACE, DRAG, CROSS ROCK, REPLACE WITH ¼ TURN RIGHT, STEP LEFT, ½ TURN RIGHT, STEP LEFT, TRIPLE FULL TURN

1&2 Cross rock left over right, replace weight onto right, step left to left side dragging right up beside left
3&4 Cross rock right over left, replace weight onto left, step right ¼ turn right
5&6 Step forward left, ½ pivot turn left, step forward left
7&8 Make full turn forward left stepping right, left, right

STEP BACK, LOCK, BACK, ½ TURN RIGHT, STEP RIGHT, LOCK, STEP RIGHT FORWARD, STEP LEFT, ½ TURN RIGHT, STEP LEFT, STEP RIGHT, LOCK, STEP RIGHT FORWARD

1&2 Step back on left, cross right over left, step back right
&3&4 Make ½ turn right, step forward right, cross left behind right, step forward right
5&6 Step forward left, make ½ pivot turn right, step forward left
7&8 Step forward right, cross left behind right, step forward right

REPEAT
