

Gravitation

拍數: 32 牆數: 4 級數: Improver
編舞者: Letha Blackford (USA)
音樂: Gravitational Pull - Chris LeDoux



Start on count 5 of talking

LEFT SIDE MAMBO, SYNCOPATED RIGHT GRAPEVINE, LEFT SIDE MAMBO, SYNCOPATED RIGHT GRAPEVINE

1&2 Step left foot to left, step right foot back, step left foot across right
3&4 Step right foot to right, step left foot behind right, step right foot to right with $\frac{1}{4}$ turn right
5&6 Step left foot to left, step right foot back, step left foot across right
7&8 Step right foot to right, step left foot behind right, step right foot to right with $\frac{1}{4}$ turn right

POINT LEFT, STEP LEFT, $\frac{1}{4}$ RIGHT MONTEREY TURN, POINT LEFT, STEP LEFT, $\frac{1}{4}$ RIGHT MONTEREY TURN

1-2 Point left foot to left, step left foot next to right
3-4 Point right foot to right, step right foot next to left making $\frac{1}{4}$ backward turn to right
5-6 Point left foot to left, step left foot next to right
7-8 Point right foot to right, step right foot next to left making $\frac{1}{4}$ backward turn to right

SYNCOPATED CROSS ROCK, KICK, $\frac{3}{4}$ TURN LEFT, LEFT SAILOR, RIGHT SAILOR

1&2 Step left foot across right, recover on right foot, kick left foot forward
3-4 Step left to side making $\frac{1}{4}$ turn left, step right foot forward making $\frac{1}{2}$ turn left
5&6 Step left foot behind right, right to right, left beside right
7&8 Step right foot behind left, left to left, right beside left

SYNCOPATED LEFT STROLL, SYNCOPATED RIGHT STROLL, SYNCOPATED LEFT STROLL, RIGHT COASTER STEP

1-2& Step left foot forward at 45 degrees angle, step right foot behind left, step left foot forward
3-4& Step right foot forward at 45 degrees angle, step left foot behind right, step right foot forward
5-6& Step left foot forward at 45 degrees angle, step right foot behind left, step left foot back across right foot
7&8 Step right foot back, step left foot back beside right, step right foot forward

REPEAT