For A Change

拍數: 32

牆數:0

編舞者: Marg Jones (CAN)

音樂: Just Between You and Me - The Kinleys

Position: Two lines facing each other. Dancers pass through the lines on steps 1-4

RIGHT SHUFFLE FORWARD; LEFT SHUFFLE FORWARD; TURNING SHUFFLE LEFT; ROCK BACK; RECOVER

- 1&2 Shuffle forward right-left-right
- 3&4 Shuffle forward left-right-left
- 5&6 Shuffle right-left-right, while making ½ turn left
- 7-8 Rock back on left, recover on right

CROSS ROCK, RECOVER; STEP DOWN; SCUFF

- 9-10 Step left across right and rock forward; recover on right
- 11-12 Step left down beside right, scuff right forward

CROSS ROCK, RECOVER; STEP DOWN; SCUFF

- 13-14 Step right across left and rock forward; recover on left
- 15-16 Step right down beside left; scuff left forward

VINE LEFT; VINE RIGHT

Rolling vine can be substituted here for the vine right.

- 17-18 Step left to left; step right across behind left
- 19-20 Step left to left; touch right beside left
- 21-22 Step right to right; step left across behind right
- 23-24 Step right to right; touch left beside right

LEFT MONTEREY TURN TWICE

- 25-26 Touch left to left; turn 1/2 left as you step left beside right
- 27-28 Touch right out to right, step right beside left
- 29-30 Touch left to left; turn ½ left as you step left beside right
- 31-32 Touch right out to right, touch right beside left

REPEAT





級數: