

# 4 Strong Winds

拍數: 96      牆數: 2      級數: Intermediate  
編舞者: Karen Banner (UK)  
音樂: Four Strong Winds - The Searchers



## SYNCOPATED HEEL SWITCHES, CROSS, CHASSE, BACK ROCK

1&      Touch right heel forward, step right beside left  
2&      Touch left heel forward, step left beside right  
3&      Touch right heel forward, step right beside left  
4      Step left over right  
5&6      Step right to right side, close left beside right, step right to right side  
7-8      Rock back on left, rock forward on right

## SYNCOPATED HEEL SWITCHES, CROSS, CHASSE, BACK ROCK

9&      Touch left heel forward, step left beside right  
10&      Touch right heel forward, step right beside left  
11&      Touch left heel forward, step left beside right  
12      Step right over left  
13&14      Step left to left side, close right beside left, step left to left side  
15-16      Rock back on right, rock forward on left

## FORWARD ROCK, TRIPLE ½ TURN RIGHT, TRIPLE FORWARD

17-18      Rock forward on right, rock back on left  
19      On ball of left make ¼ turn right stepping right to right side  
&20      Cross left forward across right, make ¼ turn right stepping right forward  
21-22      Touch left heel forward, touch left toe across right  
23&24      Step left forward, close right beside left, step left forward  
On counts 22 & 28, click fingers at shoulder height

## STEP ½ PIVOT LEFT, HEEL HOOK, TRIPLE ¼ TURN RIGHT, ROCK STEP

25-26      Step forward right, pivot ½ turn left  
27-28      Touch right heel forward, hook right over left, touch right  
29&      Step right forward, step left ¼ turn right  
30      Step right beside left  
31-32      Rock to left side on left, rock to right in place

## SAILOR STEPS TWICE, REVERSE PIVOT ½ TURN LEFT, KICK BALL CHANGE, STEP

33&34      Cross left behind right, step right to side, step left to place  
35&36      Cross right behind left, step left to side, step right to place  
37      On ball of right, make ½ turn left, stepping left to left  
38-39      Kick right forward, step right beside left  
&40      Step left to place, step right to right

## SAILOR STEPS, REVERSE PIVOT ½ TURN LEFT, KICK BALL CHANGE, STEP

41&42      Cross left behind right, step right to side, step left to place  
43&44      Cross right behind left, step left to side, step right to place  
45      On ball of right make ½ turn left, stepping left to left  
46-47      Kick right forward, step right beside left  
&48      Step left into place, step right to right

## STEP ½ PIVOT RIGHT, TRIPLE FORWARD, TRIPLE ½ TURN LEFT, TRIPLE ¼ TURN LEFT

- 49-50 Step forward left, pivot ½ turn right  
51&52 Step left forward, step right beside left, step left forward  
53&54 On ball of left, pivot ¼ turn left, step right to right. On ball of right pivot ¼ turn left, step right beside left  
55&56 On ball of right pivot ¼ turn left. Step left to left, close right beside left, step left to left

#### **RIGHT HEEL GRIND, COASTER STEP, HEEL TOUCHES**

- 57-58 Step right heel forward, grind ¼ into floor ¼ turn right  
59&60 Step back on right, step left beside right, step right forward  
61&62 Step left heel forward, step left beside right, touch right toe back  
& Step right ¼ turn right  
63&64 Step left heel forward, step left beside right, touch right toe beside left

#### **SYNCOPATED HEEL SWITCHES, SIDE, ROCK STEPS**

- 65&66& Touch left heel forward, step left beside right, touch right heel forward, step right beside left  
67-68 Rock left to left side on left, rock right to right in place

**On 4th wall count 64, click fingers at shoulder height and hold**

- 69-96 Repeat counts 33-64

**REPEAT**

**RESTART**

**On third wall, dance counts 1-60 only**

---