

First Dates

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Nancy Morgan (USA)
音樂: Over the Rainbow - Israel Kamakawiwo'ole



SHUFFLE FORWARD, ROCK FORWARD AND BACK, CROSS LEFT TOE OVER RIGHT FOOT STEP, ½ TURN PIVOT WITH RIGHT TOE CROSSED OVER LEFT FOOT, SHUFFLE FORWARD

- 1&2 Shuffle forward - right, left, right
- 3& Rock forward on left and back on right
- 4 Cross left toe over right foot - touching the floor on the right side of your right foot
- 5-6 Step forward on left, pivot ½ turn to right as you cross right toe over left foot - touching the floor on the left side of your left foot
- 7&8 Shuffle forward - right, left, right

½ TURN MAMBO, ¾ TURN (OVER LEFT SHOULDER) MAMBO, ½ TURN PIVOT, SHUFFLE FORWARD

- 1&2 ½ turn mambo - step left foot forward, pivot ½ turn to right (weight is on right), step left foot forward
- 3&4 ¾ turn mambo - step right foot forward ¼ turn to your left, step left to left side ½ turn to your left, step forward on right
- 5-6 Step forward on left, pivot ½ turn to your right
- 7&8 Shuffle forward - left, right, left

CROSS ¼ TURN TO RIGHT, STEP BACK, SIDE SHUFFLE, ROCK FORWARD ½ TURN, FORWARD ROCK

- 1-2 Cross right over left turning ¼ turn to your right, step back on your left
- 3&4 Side shuffle to right - right, left, right
- 5&6 Rock forward on left and turning ½ turn to your left, step forward on left
- 7-8 Rock forward on right and back on left

COASTER STEP, TOUCH LEFT HEEL FORWARD, TOUCH LEFT TOE BACK, TOUCH LEFT TOE OUT TO LEFT SIDE AS YOU TURN ¼ TURN TO YOUR RIGHT, TOUCH TO SIDE 2 MORE TIMES TURNING ANOTHER ¼ TURN, STEP LEFT NEXT TO RIGHT

- 1&2 Coaster step - step back on right, step left next to right, step right foot forward
- 3-4 Touch left heel forward, touch left toe back
- 5 Touch left toe out to left side as you turn ¼ turn to your right
- 6-7-8 Touch left toe out to left side 2 more times as you turn ¼ turn to your right, put your left next to your right

Restart from here on walls 3 and 5

TOUCH RIGHT TOE OUT TO RIGHT SIDE 2 TIMES AS YOU TURN ¼ TURN TO LEFT, TOUCH RIGHT HEEL FORWARD, CROSS RIGHT TOE OVER LEFT

- 1-2 Touch right toe out to right side 2 times as you turn ¼ turn to your left
- 3-4 Touch right heel forward, touch (cross) right toe to the left side of the left foot

REPEAT

RESTART

Leave off the last 4 counts on walls 3 and 5
