

Expressions (P)

拍數: 80 牆數: 0 級數: Partner
編舞者: Isabel Wilkie (UK)
音樂: The Vertical Expression (Of Horizontal Desire) - The Bellamy Brothers



Position: Closed Western Position man facing LOD. Change of Step for man on Beats 26 & 74. Partners start on opposite feet

1-2 **MAN:** Rock forward on left, rock back on right
LADY: Rock back on right, rock forward on left

3&4 **MAN:** Left shuffle back left, right, left
LADY: Right shuffle forward, right, left, right

5-6 **MAN:** Rock back on right, rock forward on left
LADY: Rock forward on left, rock back on right

7&8 **MAN:** Right shuffle forward, right, left, right

Release man's right hand, lady's left

LADY: Left shuffle back left, right, left

9-10 **MAN:** Rock out on left, rock onto right with $\frac{1}{4}$ turn left
LADY: Rock out on right, rock onto left with $\frac{1}{4}$ turn right

11&12 **MAN:** Left shuffle forward, left, right, left

Release hands

LADY: Right shuffle forward, right, left, right

13-14 **MAN:** Step forward on right, pivot $\frac{1}{2}$ turn left
LADY: Step forward on left, pivot $\frac{1}{2}$ turn right

15&16 **MAN:** Right shuffle forward, right, left, right

Rejoin both hands

LADY: Left shuffle forward, left, right, left

17-18 **MAN:** $\frac{1}{4}$ Turn to face lady, rocking back on left, rock forward on right
LADY: $\frac{1}{4}$ Turn left to face man, rocking back on right, rock forward on left

19&20 **MAN:** Left shuffle forward, left, right, left, into closed western

Closed western position, man facing LOD

LADY: Right shuffle forward, right, left, right, into closed western

Lady RLOD

21-22 **MAN:** Rock back on right, rock forward on left
LADY: Rock forward on left, rock back on right

23&24 **MAN:** Right shuffle forward, right, left, right
LADY: Left shuffle back left, right, left

Raise mans right hand, lady's left, lady turns left under raised hands, man as your lady turns, mans right hand holds lady's left at waist height - lead your lady to your right side & lower your raised hands to end in side by side by side wrap. Step change for man on 26

25-26 **MAN:** Rock forward on left, touch right toe next to left
LADY: Rock back on right, rock forward on left

27&28 **MAN:** Right shuffle back right, left, right
LADY: Right shuffle turning $\frac{1}{2}$ turn left right, left right

29-30 **BOTH:** Rock back on left, rock forward on right

31&32 Left shuffle forward, left, right, left

33-34 Rock forward on right, rock back on left

35&36 Right shuffle back

Raise hands, release hands above head rejoin in sweetheart

37-38 **MAN:** Rock back on left, rock forward on right
LADY: Step left $\frac{1}{2}$ turn right, step right $\frac{1}{2}$ turn right

39&40 **MAN:** Left shuffle back left, right, left
 LADY: Left shuffle back left, right, left in Sweetheart Position
41-42 Walk forward right, left
43&44 Right shuffle forward, right, left, right
45-46 Cross left over right, step back on right
47&48 Side shuffle to left left, right, left

49-50 Cross right over left, step back on left
51&52 Side shuffle right turning $\frac{1}{4}$ turn right

Man behind lady in Indian Position

53-54 Walk forward left, right
55&56 Left shuffle forward

57-58 Rock forward on right, rock back on left
59&60 Right shuffle back
61-62 Rock back on left, rock forward on right
63&64 Left shuffle forward

65-66 Step forward right, step forward left turning $\frac{1}{4}$ left to face LOD
67&68 Right shuffle forward, right, left, right
69-70 Walk forward left, right
71&72 Left shuffle forward

Raise hands as you turn you release lady's hands and rejoin in closed western

Step change for man on count 74 to change back to opposite feet. As you turn lady $1 \frac{1}{2}$ turns left, lead lady into Closed Western Position

73-74 **MAN:** Walk forward right, touch left next to right
 LADY: Step right turning $\frac{1}{2}$ left, step left turning $\frac{1}{2}$ left
75&76 **MAN:** Left shuffle in place
 LADY: Right shuffle turning $\frac{1}{2}$ turn left
77-78 **MAN:** Walk forward right, left
 LADY: Walk forward left, right
79&80 **MAN:** Right shuffle forward, right, left, right
 LADY: Left shuffle back, left, right, left

REPEAT
