

Drown In A Bowl

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Terry Mchugh (UK)
音樂: Shine - Vanessa Amorosi



SYNCOPATED CROSS ROCKS, ½ TURN LEFT, LEFT COASTER STEP

1&2 Rock forward on right across left, recover on left, rock back on right
&3&4& Recover on left, rock forward on right across left, recover on left, rock back on right, recover on left
5-6 Cross right over left, swivel ½ turn left
7&8 Step back on left, step right beside left, tap left beside right, (weight on right)

2 MODIFIED JAZZ BOXES

1-2 Step left to left side, step right beside left
3&4 Step back on left, step back and to side on right, step left beside right
5-6 Cross right over left, step back on left
7&8 Step back and to side on right, step left beside right, step forward on right

FORWARD ROCK, BACK LOCKS, SIDE POINTS, ¼ TURN LEFT

1-2 Rock forward on left, recover on right
3&4 Lock steps back left, right, left
5&6& Point right toe to right side, step right beside left, point left toe to left side, step left beside right
7&8& Point right toe to right side, step right beside left, point left toe to left side, swivel ¼ turn left on right, hitch left knee

FORWARD LOCKS, ¼ TURN LEFT, LEFT COASTER STEP

1-2 Step forward on left, step right behind left
3&4 Lock steps forward left, right, left
5&6 Step right to right side, step ¼ turn left on left, step right beside left
7&8 Step back on left, step right beside left, step forward on left

CROSS MAMBOS TWICE, SIDE TOGETHER, RIGHT CHASSE, ¼ TURN LEFT

1&2 Rock right to right, side, rock back on to left, cross right over left
3&4 Rock left to left side, rock back on to right, cross left over right
5-6 Step right to right side, step left beside right
7&8 Chasse right, right, left, right, with ¼ turn left

STEP FORWARD LEFT, RIGHT, LEFT ½ TURN RIGHT, STEP FORWARD ON RIGHT, FULL TURN LEFT, FORWARD MAMBO

1-2 Walk forward left, right
3&4 Walk forward on left, swivel ½ turn right, step forward on left
5-6 Step forward on right, with 1-2 turn left, step back on left with 1-2 turn left
7&8 Step forward on right, rock back on left, step right beside left

SLIDE BACK RIGHT, LEFT, LEFT COASTER STEP, ½ TURN LEFT, CROSS MAMBO

1-2 Slide back left, right, (moonwalk style)
3&4 Step back on left, step right beside left, step forward on left
5-6 Cross right over left, swivel ½ turn left
7&8 Step left to left side, rock back onto right, cross left over right

ROCK RIGHT, ROCK LEFT, LEFT CROSS SHUFFLE, ROCK LEFT ROCK RIGHT, STEP LEFT BEHIND RIGHT, STEP RIGHT & LEFT IN PLACE

1-2 Rock on to right, rock back on to left

3&4 Cross shuffle left right, left, right

5-6 Rock on to left, rock back on to right

7&8 Step left behind right, step right to right side, rock back on to left

REPEAT

RESTART

On wall 2 dance to count 48, then start dance again from the beginning
