

East To West

拍數: 96 牆數: 2 級數: Improver
編舞者: Larry Hayden (UK)
音樂: Coast to Coast - Modern Talking



SIDE TOGETHER, CHASSE TURN ¼, PIVOT TURN ½, SHUFFLE FORWARD

1-2 Step right to side, step left together
3&4 Chassé to side turning ¼ right and step right, left, right
5-6 Step left forward, turn ½ right (weight to right)
7&8 Shuffle forward left, right, left

ROCK & CROSS TWICE, CROSS BACK, BACK (3 COUNTS OF A JAZZ BOX), CROSS

1&2 Rock right to side, recover onto left, cross right over left
3&4 Rock left to side, recover onto right, cross left over right
5-6 Cross right over left, step left back
7-8 Step right to side, cross left over right

BACK, BACK, COASTER, ROCK SHUFFLE TURN ½

1-2 Step right back, step left to side
3&4 Coaster step right, left, right
5-6 Rock left forward, recover on right
7&8 Shuffle back turning ½ left and step left, right, left

ROCK TURN ¼, CROSS SHUFFLE, TURN ½, CROSS SHUFFLE

1-2 Turn ¼ left and rock right to side, recover onto left
3&4 Cross right over left, step left to side, cross right over left
5-6 Turn ¼ right and step left back, turn ¼ right and step right to side
7&8 Cross left over right, step right to side, cross left over right

MONTEREY TURN ½ TWICE

1-2 Touch right to side, turn ½ right and step right together
3-4 Touch left to side, step left together
5-6 Touch right to side, turn ½ right and step right together
7-8 Touch left to side, step left together

KICK BALL STEP, STEP TOUCH BEHIND TWICE RIGHT THEN LEFT

1&2 Kick right forward, step right together, step left forward
3-4 Step right forward, touch left behind
5&6 Kick left forward, step left together, step right forward
7-8 Step left forward, touch right behind

ROCK RECOVER, 2 X ½ SHUFFLES, ROCK RECOVER

1-2 Rock right forward, recover to left
3&4 Shuffle back turning ½ right and step right, left, right
5&6 Shuffle forward turning ½ right and step left, right, left

Or just 2 shuffles back right, then left

7-8 Rock right back, recover to left

CROSS SIDE, SAILOR WITH A DIG, STEP TWICE RIGHT THEN LEFT

1-2 Cross right over left, step left to side
3&4& Cross right behind left, step left to side, touch right heel forward, step right together

- 5-6 Cross left over right, step right to side
7&8& Cross left behind right, step right to side, touch left heel forward, step left together

CROSS ROCK RECOVER, CHASSE, CROSS ROCK RECOVER, SAILOR TURN ½

- 1-2 Cross/rock right over left, recover to left
3&4 Chassé to side stepping right, left, right
5-6 Cross/rock left over right, recover to right
7&8 Sailor step turning turn ½ left and step left, right, left

CROSS ROCK RECOVER, CHASSE, CROSS ROCK RECOVER, SAILOR TURN ½

- 1-2 Cross/rock right over left, recover to left
3&4 Chassé to side stepping right, left, right
5-6 Cross/rock left over right, recover to right
7&8 Sailor step turning turn ½ left and step left, right, left

CHASSE, ROCK BACK RECOVER, KICK BALL CROSS TWICE

- 1&2 Chassé to side stepping right, left, right
3-4 Rock left back, recover to right
5&6 Left kick ball cross
7&8 Left kick ball cross

CHASSE, ROCK BACK RECOVER, KICK BALL CROSS TWICE

- 1&2 Chasse to side stepping left, right, left
3-4 Rock right back, recover to left
5&6 Right kick ball cross
7&8 Right kick ball cross

REPEAT
