

Down Memory Lane

拍數: 32 牆數: 4 級數:
編舞者: Peter Metelnick (UK)
音樂: Frankie - Sister Sledge



LEFT FORWARD LOCK STEP, RIGHT FORWARD & SIDE TOUCHES, ¼ RIGHT COASTER STEP, ½ RIGHT SYNCOPATED TURN

1&2 Step left forward, lock right behind left, step left forward
3-4 Touch right toes forward, touch right toes to right side
5&6 Turning ¼ right step right back, step left together, step right forward
7&8 Step left forward, pivot ½ right, step left forward

RIGHT FORWARD LOCK STEP, LEFT FORWARD & SIDE TOUCHES, LEFT BACK COASTER STEP, ½ LEFT SYNCOPATED TURN

1&2 Step right forward, lock left behind right, step right forward
3-4 Touch left toes forward, touch left toes to left side
5&6 Step left back, step right together, step left forward
7&8 Step right forward, pivot ½ left, turning ¼ left step right to right side

SYNCOPATED LEFT ROCK BACK & RECOVER, SYNCOPATED RIGHT ROCK BACK & RECOVER, LEFT CROSS BEHIND, RIGHT TO RIGHT SIDE, LEFT CROSS OVER, ½ RIGHT MONTEREY TOUCH

1&2 Rock left back, recover weight on right, step left to left side
3&4 Rock right back, recover weight on left, step right to right side
5&6 Cross step left behind right, step right to right side, cross step left over right
7&8 Touch right toes to right side, turning ½ right on left foot step right together, touch left toes to left side

LEFT CROSS OVER, RIGHT SIDE ROCK & RECOVER, RIGHT CROSS OVER, LEFT SIDE ROCK & RECOVER, LEFT CROSS OVER, ¼ LEFT & RIGHT BACK, ½ RIGHT & LEFT FORWARD, ½ LEFT SYNCOPATED TURN

1&2 Cross step left over right, rock right to right side, recover weight on left
3&4 Cross step right over left, rock left to left side, recover weight on right
5&6 Cross step left over right, turning ¼ left step right foot back, turning ½ left step left forward
Easier option for counts 5&6 - turning ¼ right step left forward, step right together, step left forward
7&8 Step right forward, pivot ½ left, step right forward

REPEAT
