

Downstream

拍數: 32 牆數: 2 級數: Improver
編舞者: Lana Harvey Wilson (USA)
音樂: I See a Boat On the River - Boney M.



ROCK, HOLD, BACK, CROSS, SIDE, ROCK, ½ TURN SHUFFLE

1-2 Rock left to left side, hold
& Step slightly back on right
3-4 Cross step left over right, step right to right
5-6 Rock left behind right, recover weight on right
7&8 Shuffle left-right-left to left side turning ½ left

ROCK, HOLD, BACK, CROSS, SIDE, ROCK, ½ PIVOT

9-10 Rock right to right side, hold
& Step slightly back on left
11-12 Cross step right over left, step left to left
13-14 Rock right behind left, recover weight on left
15-16 Touch right toe forward, pivot ½ turn left weight ending on left

STOMP, HOLD, BACK, BACK, FORWARD, ROCK, ½ TURN SHUFFLE

17-18 Stomp well forward on right*, hold
& Step on ball of left in place
19-20 Step ball of right back next to left, step left forward

Optional arms for 17-20: make a rowing motion - arms going forward on 17 as you stomp, and then back to the body on &19 as you step back left and right

21-22 Rock forward right, recover left
23&24 Shuffle right-left-right turning ½ right

STOMP, HOLD, BACK, BACK, FORWARD, ROCK, FULL BACK TURN

25-26 Stomp well forward on left*, hold
& Step on ball of right in place
27-28 Step ball of left next to right, step right forward
Optional arms for 25-28: make a rowing motion as in 17-20
29-30 Rock forward on left, recover weight on right
31 Pivoting ½ turn left on ball of right step forward on left
32 Pivoting ½ turn left on ball of left step back on right

REPEAT

On counts 17 and 25 make sure to step well forward on the stomp with weight. Using the arm motions will help you get the forward-back-back-forward motion. Also if you push off forward with on the ball of the foot on 19 and 27, it will help push you onto the next forward step. There is a nice rocking motion to this move when done correctly.