

Diary Entries

拍數: 0 牆數: 1 級數: Intermediate
編舞者: Phil Austin (UK)
音樂: My Book - The Beautiful South



Sequence: A B C A B C A B* C to the end. On the last B, only dance up to count 24 and make a scuff 1/2 turn instead of a 1/4 turn. Then go into C and keep dancing C until the music stops.

SECTION A

ROCK, RECOVER, ROCK, RECOVER, TOE STRUT, TOE STRUT

1-2& Rock forward right, recover onto left, step right to left
3-4 Rock back left, recover onto right
5-6 Point left toe forward, drop left heel
7-8 Point right toe forward, drop right heel

ROCK, RECOVER, ROCK, RECOVER, TOE STRUT, TOE STRUT

1-2& Rock forward left, recover onto right, step left to right
3-4 Rock back right, recover onto left
5-6 Point right toe forward, drop right heel
7-8 Point left toe forward, drop left heel

STEP, ½ TURN, STEP, CLAP, STEP ½ TURN, STEP, CLAP

1-2 Step forward right, pivot ½ turn over left shoulder
3-4 Step forward right, clap hands
5-6 Step forward left, pivot ½ turn over right shoulder
7-8 Step forward left, clap hands

LOCK, HOLD, UNWIND ¾ TURN, SIDE SHUFFLE, CROSS SHUFFLE

1-2 Lock right behind left, hold
3-4 Unwind ¾ turn over right shoulder over two counts
5&6 Step left to side, step right to left, step left to side
7&8 Cross right over left, step left to side, cross right over left

SECTION B

ROCK, RECOVER, SAILOR STEP, SAILOR STEP, BEHIND, UNWIND ¾ TURN

1-2 Rock left to side, recover weight onto right
3&4 Cross left behind right, step right to side, step left to right
5&6 Cross right behind left, step left to side, step right to left
7-8 Cross left behind right, unwind ¾ turn over right shoulder

SHUFFLE FORWARD, ½ TURN, SHUFFLE ¼ TURN, CROSS, UNWIND ½ TURN

1&2 Step forward right, step left to right, step forward right
3-4 Step forward left, pivot ½ turn over right shoulder
5&6 Make ¼ turn over right shoulder stepping left, right, left
7-8 Cross right over left, unwind ½ turn

CROSS, CLICK, CROSS, CLICK, CROSS, CLOSE, CROSS, SCUFF ¼ TURN

1-2 Cross right over left, click fingers
3-4 Lift left and cross left over right, click fingers
5-6 Lift right and cross right over left, step left to right
7-8 Cross right over left, scuff left and pivot ¼ turn over right shoulder on right foot

CROSS, CLICK, CROSS, CLICK, CROSS, CLOSE, CROSS, SCUFF ¼ TURN

- 1-2 Cross left over right, click fingers
- 3-4 Lift right and cross right over left, click fingers
- 5&6 Lift left and cross left over right, step right to left
- 7-8 Cross left over right, scuff right and pivot ¼ turn over left shoulder on left foot

JAZZ BOX ¼ TURN, JAZZ BOX

- 1-2 Cross right over left, step back left
- 3-4 Step back right and pivot ¼ turn over right shoulder, scuff left forward
- 5-6 Cross left over right, step back right
- 7-8 Step back left, scuff right forward

STEP, LOCK, STEP, HITCH ½ TURN, STEP LOCK, STEP, SCUFF

- 1-2 Step forward right, lock left behind right
- 3-4 Step forward right, hitch left knee and pivot ½ turn over right shoulder on right foot
- 5-6 Step forward left, lock right behind left
- 7-8 Step forward right, scuff right forward

SECTION C

ROCK, RECOVER, COASTER STEP, STEP, ½ TURN, SHUFFLE FORWARD

- 1-2 Rock forward right, recover weight onto left
- 3&4 Step back right, step left to right, step forward right
- 5-6 Step forward left, pivot ½ turn over right shoulder
- 7&8 Step forward left, step right to left, step forward left

STEP, STEP, KNEE KNOCKS, STEP, STEP, KNEE KNOCKS

- 1-2 Step forward right, step forward left
- 3-4 Bend knees and knock them together twice
- 5-6 Step forward right, step forward left
- 7-8 Bend knees and knock them together twice

ROCK, RECOVER, ½ TURN SHUFFLE, ROCK, RECOVER, ROCK, RECOVER

- 1-2 Rock forward right, recover weight onto left
- 3&4 Make ½ turn over right shoulder stepping right, left, right
- 5-6 Rock forward left, recover weight onto right
- 7-8 Rock back left, recover weight onto right

STEP, SCUFF, STRESS STEP

- 1-2& Step forward left, scuff right, step onto right
- 3&4 Scuff left, touch left toe forward, step onto left

- 1-28 Repeat Section C
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