

Cuts Both Ways

拍數: 84 牆數: 2 級數: Intermediate
編舞者: Colleen Archer (AUS)
音樂: Cuts Both Ways - Gloria Estefan



For Pat a.k.a. Trish

- 1-2 Long step right to right side, drag left toward right
&3-4 Step left beside right, rock step right to right side, replace weight onto left
&5-6 Step right beside left, rock step left to left side, rock step right back
7&8 Moving forward make a full turn left stepping left-right-left (12:00)
- 1-2 Step/cross right over left, step left back
3&4 Small shuffle back to right diagonal (right-left-right)
5&6 Small shuffle back to left diagonal (left-right-left)
7-8 Rock back on right, rock forward onto left (12:00)
- 1-2 Step right forward, turn ¼ left taking weight onto left
3&4 Step/cross right over left, step left to left side, step/cross right behind left
5-6 Long step left to left side, drag right toward left
7&8 Step/cross right behind left, step left to left side, step/cross right over left (9:00)
- 1-2 Step left to left side, turn ¼ left and take weight back onto right
3&4 Left sailor step (step left behind right, step right to right side, replace weight left)
5&6 Right sailor step (step right behind left, step left to left side, replace weight right)
7-8 Cross/rock left over right, replace weight back onto right (6:00)
- 1&2 Shuffle to left side (left-right-left)
3 Hinge turn ½ right on ball of left and step right to right side
4 Step left beside right
5&6 Full turn right moving to right, stepping right-left-right
7-8 Cross/rock left over right, rock back onto right (now facing right diagonal) (12:00)
- 1& Step left back, step right beside left and turn ¼ right
2 Step left forward to right diagonal of 3:00 wall
3&4 Step right forward, replace weight back onto left, step right back
5&6 Step left back, replace weight forward onto right, step left forward
7&8 Step/cross right over left, step left back, step right to right side (6:00)
- Steps 3-7 are done to diagonal, straighten up to back wall on 8**
Rhythm of music changes
& Small step forward on left turning ½ right
1&2 Right coaster (step right back, step left beside right, step right forward)
- That was count 50**
& Small step forward on left turning ½ right
3&4 Right coaster (step right back, step left beside right, step right forward)
5&6 Shuffle back (left-right-left)
&7 Turn ½ right and step right forward, small step left forward
8 Turn ½ right taking weight forward onto right (6:00)
- Moving backwards during next 6 counts**
&1 Small step forward on left, turn ¼ left and step right to right side
&2 Step left back to center, step/cross right over left

&3 Step left to left side, step right back to center
&4 Step/cross left over right, step right to right side
&5 Step left back to center, step/cross right over left
&6 Step left back, turn ½ right and step right forward
7&8 Left coaster forward (step left forward, step right beside left, step left back) (9:00)

1&2 Step right back, lock left across right, step right back
& Turn ½ left and step left slightly forward
3&4 Step right forward, lock left behind right heel, step right forward
&5-6 Step left to left side, step/cross right behind left, rock forward onto left
&7 Turn ¼ left and step right to right side, step/cross left behind right
8 Rock forward onto right (12:00)

1-2 Step left to left side, step/cross right behind left
&3 Step left to left side, step/cross right over left
&4 Step left to left side, step/cross right behind left
5-6 Step left to left side, cross/rock right over left
7& Replace weight back onto left, small step right back
8 Step/cross left over right (12:00)

1&2 Full turn right stepping right-left-right
3-4 Turn ½ right and long step left to left side, drag right to touch beside left (6:00)

REPEAT

TAG

After second vanilla

1-2 Hold for two counts

Then start dance again

FINISH

Dance third vanilla to count 50, then

1-4 Long step left forward, drag right slowly to touch beside left
