

Colourslide

拍數: 64 牆數: 2 級數: Beginner
編舞者: Lois Lightfoot (UK)
音樂: Colourslide - OGR



KICK BALL CHANGE, SHUFFLE, ROCK, SHUFFLE ¼ TURN LEFT

1&2 Kick right foot forward, step right foot back in place, step left foot next to right
3&4 Step right foot forward, step left foot next to right, step right foot forward
5-6 Rock forward onto left foot recover weight onto right foot
7&8 Make ¼ shuffle turn to left, stepping back left, right, left

KICK BALL CROSS, CHASSE SIDE, ROCK BACK, STEP BRUSH

9&10 Kick right foot forward, step right foot to side, cross left foot over right foot
11&12 Step right foot to side, step left foot next to right, step right foot to side
13-14 Rock left foot behind right foot, recover weight onto right foot
15-16 Step left foot to side, brush right foot next to left foot

CROSS ROCK, STEP BRUSH, CROSS ROCK, SHUFFLE ¼ TURN

17-18 Cross rock right foot over left, recover weight onto left foot
19-20 Step right foot to side, brush left foot next to right foot
21-22 Cross rock left foot over right foot, recover weight onto right foot
23&24 Step left to side making ¼ turn to left, step right to left. Step left foot forward

FULL TURN LEFT, SHUFFLE FORWARD, ROCK FORWARD, COASTER STEP

25-26 Step right foot forward turning ½ turn to left, step left back turn ½ turn

Easy option: step forward right, step forward left

27&28 Step right foot forward, step left next to right, step right foot forward
29-30 Rock forward onto left foot, recover weight onto right foot
31&32 Step left foot back, step right next to left, step left foot forward

STEP PIVOT ½ TURN, ROCK FORWARD, ROCK BACK, SHUFFLE FORWARD

33-34 Step right foot forward, pivot ½ turn to left
35-36 Rock forward onto right foot, recover weight onto left
37-38 Rock back onto right foot, recover weight onto left foot
39&40 Step right foot forward, step left next to right, step right foot forward

BOX ¼ TURN LEFT, FULL ROLLING TURN RIGHT

41-42 Cross left foot over right foot, step right foot back
43-44 Step left to side making ¼ turn to left, touch right foot next to left foot
45-46 Turn ¼ right, stepping right forward, turn ½ right, stepping left to side
47-48 Turn ¼ right, stepping right to right side, touch left foot next to right foot

Easy option: vine to right, left touch

CHASSE SIDE, ROCK BACK, LEFT & RIGHT

49&50 Step left to side, step right next to left, step left to side
51-52 Rock right foot behind left foot, recover weight onto left foot
53&54 Step right to right side, step left to right, step right to side
55-56 Rock left foot behind right foot, recover weight onto right foot

STEP HOLD, STEP ½ TURN HOLD, BOX ¼ TURN LEFT

57-58 Step left foot to side, hold for one beat & clap hands
&59-60 Pivot ½ turn on left foot, right stepping right to side, hold for one beat & clap

61-62

Step left foot over right foot. Step right foot back

63-64

Step left to side making $\frac{1}{4}$ turn left, touch right next to left

REPEAT
