

Chain Reaction

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Lisa Ferguson (UK)
音樂: Chain Reaction - Steps



CROSS, SIDE, BEHIND & CROSS, SIDE ROCK, BEHIND & CROSS

1-2 Cross left over right, step right to right side
3&4 Step left behind right, step right to right side, cross left over right
5-6 Rock right to right side, rock weight back onto left
7&8 Cross right behind left, step left to left side, cross right over left.

SIDE ROCK, LEFT SAILOR STEP, 4 X PADDLE 1/8 TURNS

9-10 Rock left to left side, rock weight back onto right
11&12 Cross left behind right, step right to right side, step left to left side
13-14 Touching right forward make two 1/8 turns left
15-16 Touching right forward make two 1/8 turns left.

KICK & TOUCH RIGHT & LEFT, 2 X TOE STRUTS

17&18 Kick right forward, step onto ball of right, touch left toe to left side
19&20 Kick left forward, step onto ball of left, touch right toe to right side
21-22 Step forward on right toe, drop right heel
23-24 Step forward on left toe, drop left heel.

KICK & TOUCH RIGHT & LEFT, CROSS, HOLD, UNWIND ¾ LEFT, HOLD

25&26 Kick right forward, step onto ball of right, touch left toe to left side
27&28 Kick left forward, step onto ball of left, touch right toe to right side
29-30 Cross right over left, hold
31-32 Unwind ¾ over left keeping weight on left, hold.

RIGHT CHASSE, BACK ROCK, LEFT CHASSE, BACK ROCK

33&34 Step right to right side, close left beside right, step right to right side
35-36 Rock back on left, rock back on right
37&38 Step left to left side, close right beside left, step left to left side
39-40 Rock back on right, rock forward on left.

RIGHT SHUFFLE, FORWARD ROCK, SHUFFLE ½ TURN LEFT, 2 X PADDLE ¼ TURNS

41&42 Step forward on right, close left beside right, step forward on right
43-44 Rock forward on left, rock back on right
45&46 Make ½ shuffle over left, stepping left, right, left
47-48 Touching right forward, make two ¼ turns left.

KICK & TOUCH RIGHT & LEFT, CROSS, HOLD, UNWIND ½ LEFT, HOLD

49&50 Kick right forward, step onto ball of right, touch left toe to left side
51&52 Kick left forward, step onto ball of left, touch right toe to right side
53-54 Cross right over left, hold
55-56 Unwind ½ over left putting weight on right, hold.

LEFT CHASSE, BACK ROCK, RIGHT SHUFFLE, WALK, WALK

57&58 Step left to left side, close right beside left, step left to left side
59-60 Rock back on right, rock forward on left
61-62 Step forward on right, close left beside right, step forward on right

63-64

Step forward left, step forward right.

REPEAT
