

Cascade (P)

拍數: 36 牆數: 0 級數: Partner
編舞者: Malcolm Russell (UK)
音樂: Tonight, All Day Long - Dale Watson



Position: Start in reverse Indian position facing inside

LEFT FORWARD, RIGHT TO SIDE LEFT TOGETHER, RIGHT BACK, LEFT TOGETHER, RIGHT TO SIDE

1-3 Step forward with left, right to right, bring left next to right
4-6 Step back with right, bring left next to it, step right to right

LEFT FORWARD, RIGHT TO SIDE LEFT TOGETHER, RIGHT BACK, LEFT TOGETHER, RIGHT TO SIDE

7-12 Repeat steps 1-6

ROCK LEFT FORWARD, MAKING ¼ TURN RIGHT STEP BACK ON RIGHT, LEFT TOGETHER.

13 Rock forward with left
14-15 Step back on right making ¼ turn right, bring left next to it

Man's arm over lady's head ending in sweetheart position

RIGHT-LEFT-RIGHT DIAGONALLY FORWARD

16 Right diagonally forward
17-18 Left diagonally forward, right diagonally forward (small sway steps)

LEFT FORWARD MAKING ¼ TURN RIGHT, RIGHT BEHIND LEFT, LEFT TO SIDE MAKING A ¼ TURN LEFT

19 Step forward on left making a ¼ turn right
20-21 Cross right behind, step forward on left making ¼ turn left

Man takes right arm over lady's head

RIGHT FORWARD MAKING ¼ TURN LEFT, LEFT BEHIND RIGHT, RIGHT TO SIDE MAKING A ¼ TURN RIGHT

22 Step forward on right making a ¼ turn left
23-24 Cross left behind, step forward on right making a ¼ turn right (ending up in sweetheart position)

FORWARD LEFT, LOCK RIGHT BEHIND, FORWARD LEFT, FORWARD RIGHT, LOCK LEFT BEHIND, FORWARD RIGHT

25-27 Step forward left, lock right behind, step forward on left
28-30 Step forward right, lock left behind, step forward right

FORWARD LEFT MAKING ¼ TURN RIGHT, BACK ON RIGHT MAKING A ¼ TURN RIGHT, BACK LEFT

31 Step forward on left making a ¼ turn right
32-33 Step back on right making a ¼ turn right, step back left

Now in RLOD

BACK RIGHT, BACK LEFT, BACK RIGHT MAKING ¼ TURN RIGHT

34-36 Step back right, back left, back right making a ¼ turn right

Man takes left arm over lady's head. Lady now behind man

REPEAT