

By My Side

拍數: 64 牆數: 2 級數: Improver
編舞者: Michael Vera-Lobos (AUS)
音樂: The Strongest Man In the World - Neal McCoy



This dance was choreographed for Noel Bradey just to say thank you. Thank you for your ongoing support, for bringing out my strengths and the strengths in others.

ROCK FORWARD, ROCK BACK, SHUFFLE BACK, ROCK BACK, ROCK FORWARD, FULL TURN

1-2-3&4 Rock forward on right, rock back on left, shuffle back on right stepping right-left-right
5-6-7-8 Rock back on left, rock forward on right, traveling forward turn full turn right stepping on left then right

ROCK FORWARD, ROCK BACK, SHUFFLE BACK, ROCK BACK, ROCK FORWARD, ¾ TURN LEFT

1-2-3&4 Rock forward on left, rock back on right, shuffle back on left stepping left-right-left
5-6-7-8 Rock back on right, rock forward on left, traveling forward turn ¾ turn left stepping on right then left

CROSS ROCK, RECOVER, FULL TRIPLE RIGHT, ROCK FORWARD ROCK BACK, LEFT COASTER

1-2-3&4 Cross/rock right over left, rock weight back onto left, traveling right turn full turn right stepping right-left-right
5-6-7&8 Rock forward on left, rock back onto right, coaster - step back on left, step right beside left, step forward on left

STEP FORWARD, ¼ PIVOT, CROSS, POINT, CROSS, STEP BACK, ½ SHUFFLE

1-2-3-4 Step forward right, pivot ¼ turn left (end weight on left), cross right over left, point left toe to left side
5-6-7&8 Cross/step left over right, step back on right, shuffle back on left, turning ½ turn right stepping left-right-left

ROCK FORWARD, ROCK BACK, STEP BACK, BALL CROSS, SIDE ROCK, RECOVER, ANGLE CROSS SHUFFLE

1-2-3&4 Rock forward right, rock back on left, step back on right, stepping on the ball of left to left side, cross right over left
5-6-7&8 Rock left to left side, rock weight back onto right, traveling 45 degrees right cross shuffle left over right stepping left-right-left

SIDE ROCK, RECOVER, ANGLE CROSS SHUFFLE, ROCK FORWARD, ROCK BACK, 1½ TRIPLE STEP

1-2-3&4 Rock right foot to right side, rock weight back to left, traveling 45 degrees left cross shuffle right over left stepping right-left-right
5-6-7&8 Rock forward left, rock back on right, traveling back over your left shoulder turn 1 & ½ turns stepping left-right-left

ROCK FORWARD, ROCK BACK, STEP BACK, BALL CROSS, SIDE ROCK, RECOVER, ANGLE CROSS SHUFFLE

1-2-3&3 Rock forward right, rock back on left, step back on right, stepping on the ball of left to left side, cross right over left
5-6-7&8 Rock left to left side, rock weight back onto right, traveling 45 degrees right cross shuffle left over right stepping left-right-left

SIDE ROCK, RECOVER, ANGLE CROSS SHUFFLE, ROCK FORWARD, ROCK BACK, 1½ TRIPLE STEP

1-2-3&4 Rock right foot to right side, rock weight back to left, traveling 45 degrees left cross shuffle right over left stepping right-left-right

5-6-7&8

Rock forward left, rock back on right, traveling back over your left shoulder turn 1 & ½ turns
stepping left-right-left

REPEAT
