Brenda's Dream

拍數: 48

級數: Improver

編舞者: Red Russell (UK)

音樂: Tougher Than the Rest - Travis Tritt

SWINGING DIAGONAL SHUFFLES, CROSS ROCK, TRIPLE ½ TURN (LEADING RIGHT THEN LEFT)

- Swing right forward into step across left-step left beside right, step right forward twisting 1&2 towards right diagonal
- 3&4 Swing left forward into step across right-step right beside left, step left forward twisting towards left diagonal
- 5-6 Rock right across left, rock weight onto left
- 7&8 $\frac{1}{2}$ turn right stepping right-left, right (on the spot)

SWINGING DIAGONAL SHUFFLES, CROSS ROCK, TRIPLE ½ TURN (LEADING LEFT THEN RIGHT)

- Swing left forward into step across right-step right beside left, step left forward twisting 9&10 towards left diagonal
- Swing right forward into step across left-step left beside right, step right forward twisting 11&12 towards right diagonal
- 13-14 Rock left across right, rock weight onto right
- 15&16 ¹/₂ turn left stepping left-right, left (on the spot)

SIDE ROCK, CHA-CHA ON THE SPOT (LEADING RIGHT THEN LEFT)

- 17-18 Rock right to side, rock weight onto left
- 19&20 Step right beside left-step left beside right, step right beside left (on the spot)
- 21-22 Rock left to side, rock weight onto right
- 23&24 Step left beside right-step right beside left, step left beside right (on the spot)

TOE-HEEL SUGAR FOOT, CHA-CHA ON THE SPOT (LEADING RIGHT THEN LEFT)

- Touch right toe next to left foot (right foot turned in), touch right heel next to left foot (right foot 25-26 turned out)
- 27&28 Step right beside left-step left beside right, step right beside left (on the spot)
- 29-30 Touch left toe next to right foot (left foot turned in), touch left heel next to right foot (left foot turned out)
- 31&32 Step left beside right-step right beside left, step left beside right (on the spot)

FORWARD ROCK. SHUFFLE BACK. BACK ROCK. SHUFFLE FORWARD

- 33-34 Rock right forward, rock weight back onto left
- 35&36 Step right back-step left beside right, step right back
- 37-38 Rock left back, rock weight forward onto right
- Step left forward-step right beside left, step left forward 39&40

1/4 TURN LEFT MODIFIED VINE INTO RIGHT CHA-CHA ON THE SPOT, CROSS ROCK, CHA-CHA ON

THE SPOT

- 41-42 Step right forward into 1/4 turn left, step left behind right
- Step right beside left-step left beside right, step right beside left (on the spot) 43&44
- 45-46 Rock left across right, rock weight back onto right
- 47&48 Step left beside right-step right beside left, step left beside right (on the spot)

REPEAT





牆數:4