

Bridges

拍數: 32 牆數: 4 級數: Intermediate social cha
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音樂: Building Bridges - Brooks & Dunn



ROCK, RECOVER, SHUFFLE BACKWARDS, ROCK, RECOVER, ¼ TURN SHUFFLE

1-2 Rock forward on right foot, recover weight back to left foot
3&4 Right shuffle backwards, stepping right, left, right
5-6 Rock back on left foot, recover weight forward to right foot
7&8 Left shuffle forward, stepping left, right, left, with ¼ turn to the right (weight ends on the left foot)

STEP, STEP, PIVOT ½, HOLD, RIGHT SAILOR, LEFT SAILOR

1-2 Step behind left foot with right foot, step left foot to left side
3-4 Pivot ½ turn to the left, hold while pointing right toe to the right side
5&6 Right sailor step with ¼ turn to the left
7&8 Left sailor step with ¼ turn to the left (weight ends on the left foot)

STEP, PIVOT, TURNING SHUFFLE, STEP, STEP, SHUFFLE

1-2 Step forward on right foot, pivot ½ turn to the left (weight on left foot)
3&4 Turn ½ left while shuffling, stepping right, left, right
5-6 Step back on left foot, step back on right foot
7&8 Left shuffle forward, stepping left, right, left

ROCK, RECOVER, ¼ PIVOT SHUFFLE, ½ PIVOT, ½ PIVOT, COASTER STEP

1-2 Rock forward on right foot, recover weight back to left foot
3&4 Pivot ¼ turn right, side shuffle stepping right, left, right
5-6 Turning ½ turn left, step back on left foot, turning ½ turn left, step forward on right foot
7&8 Left coaster step in place

REPEAT
