

Be Patient

拍數: 48 牆數: 4 級數: Improver
編舞者: Mike Belk (UK)
音樂: Patience (Almighty Anthem Mix) - Holly Lang



¼ TURN LEFT RECOVER, RIGHT SHUFFLE, ROCK RECOVER, COASTER

1-2 Rock to right on right, recover onto left turning ¼ left
3&4 Step forward on right, step left next to right, step forward on right
5-6 Rock forward on left, recover back onto right
7&8 Step back on left, step back on right, step forward onto left

ROCK RECOVER, ¾ TURN RIGHT, ROCK RECOVER, ¼ TURN SAILOR STEP LEFT

1-2 Rock forward on right, recover back onto left
3&4 Turn ¼ right step onto right, turn ¼ right step back on left, turn ¼ right step right to right side
5-6 Rock on left to left side, recover onto right
7&8 Step left behind right, step on right turning ¼ left, step left to left side

STEP HOLD, & STEP HOLD, CROSS UNWIND ½ TURN RIGHT, COASTER STEP

1-2 Step right to right side, hold
&3-4 Step left next to right, step right to right side, hold
5-6 Cross left over right, unwind ½ turn right (keep weight on left)
7&8 Step back onto right, step back left, step forward onto right

STEP LOCK, STEP LOCK STEP TWICE

1-2 Step diagonally left on left, lock right behind left
3&4 Step diagonally forward on left, lock right behind left, step forward diagonally on left
5-6 Step diagonally right on right, lock left behind right
7&8 Step diagonally forward on right, lock left behind right, step diagonally forward on right

ROCK RECOVER, ¾ TURN LEFT, ROCK RECOVER, ¼ TURN SAILOR RIGHT

1-2 Rock forward on left, recover back onto right
3&4 Turn ¼ left step onto left, turn ¼ left step back onto right, turn ¼ left step left to left side
5-6 Rock forward on right, recover onto left
7&8 Step right behind left, step onto left turning ¼ right, step right to right side

STEP HOLD, COASTER CROSS, ROCK RECOVER, BEHIND SIDE CROSS

1-2 Step forward onto left, hold
3&4 Step back onto right, step back onto left, cross right over left
5-6 Rock left to left side, recover onto right
7&8 Step left behind right, step right to right side, step left over right

REPEAT
