

Back Home

拍數: 32 牆數: 4 級數: Improver
編舞者: Karen Hadley (UK)
音樂: Sing Me Back Home - Billy Ray Cyrus



SYNCOPATED FORWARD ROCKS, BACK-LOCK-BACK, BACK, TOUCH & CLICK

- 1-2& Rock forward on right, rock back onto left, step right beside left
3-4 Rock forward on left, rock back onto right
5&6 Step back on left, lock right across left, step back on left
7-8 Step back on right, touch left across right clicking hands at shoulder level

FULL TURN LEFT, LEFT SHUFFLE, PIVOT ¼, TURN LEFT, CROSS SHUFFLE

- 9 Step forward on left, on ball of left make ½ turn left
10 Step back on right, on ball of right make ½ turn left
11&12 Step forward on left, close right beside left, step forward on left
13-14 Step forward on right, pivot ¼ turn left
15&16 Cross step right over left, step left to left side, cross step right over left

Easier option:

- 9-10 Two walks forward: left, right

¾ TURN RIGHT, ½ SHUFFLE TURN RIGHT, COASTER STEP, WALK FORWARD

- 17 On ball of right make ¼ turn right stepping back on left
18 On ball of left make ½ turn right stepping forward on right
19&20 Step forward on left, step right beside left making ½ turn right, step back on left
21&22 Step back on right, step left beside right, step forward on right
23-24 Step forward on left, step forward on right

Harder option:

- 23-24 Full turn right traveling forward stepping left, right

HEEL SWITCHES, & LEFT SHUFFLE FORWARD, PIVOT ½ TURN, PIVOT ¼ TURN

- 25& Touch left heel forward, step left beside right
26& Touch right heel forward, step right beside left
27&28 Step forward on left, close right beside left, step forward on left
29-30 Step forward on right, pivot ½ turn left
31-32 Step forward on right, pivot ¼ turn left

REPEAT