

Back On The Move

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mia Ekelund (SWE)
音樂: Scrap Piece of Paper - Paul Brandt



RIGHT CHASSÉ, LEFT COASTER STEP WITH ¼ TURN LEFT, WALK FORWARD RIGHT-LEFT, PADDLE TURNS ½ LEFT

- 1&2 Step right to right side, step left beside right, step right to right side
- 3& Make a ¼ turn left and step back on left, step right next to left
- 4 Step forward on left
- 5-6 Walk forward - right, left
- 7 Make a ¼ turn left on ball of left foot and touch right toes to right side
- 8 Make a ¼ turn left on ball of left foot and touch right toes to right side

RIGHT CROSS, SIDE LEFT, RIGHT SAILOR STEP, LEFT CROSS, SIDE RIGHT, ¼ TURN LEFT, RIGHT TOUCH

- 1 Cross right over left
- 2 Step left to left side
- 3&4 Cross right behind left, step left to left side, step right to right side
- 5 Cross left over right
- 6 Step right to right side
- 7 Make a ¼ turn left on ball of right foot, put left foot slightly next to right
- 8 Touch right foot next to left

SIDE JUMPS, RIGHT COASTER STEP, LEFT SHUFFLE FORWARD

- & Step right to right side (weight on right)
- 1 Touch left foot next to right (weight on right)
- 2 Transfer weight onto left and touch right next to left
- & Step right to right side (weight on right)
- 3 Touch left foot next to right (weight on right)
- 4 Transfer weight onto left and touch right next to left
- 5&6 Step back on right, step left beside right, step forward on right
- 7&8 Step forward on left, step right beside left, step forward on left

FORWARD, ¼ TURN, RIGHT SAILOR STEP, LEFT COASTER STEP WITH ¼ TURN LEFT, WALK FORWARD RIGHT-LEFT

- 1-2 Step forward on right, make a ¼ turn left
- 3&4 Cross right behind left, step left to left side, step right to right side
- 5& Make a ¼ turn left and step back on left, step right next to left
- 6 Step forward on left
- 7-8 Walk forward - right, left

REPEAT
