

Band Of Gold

拍數: 40 牆數: 4 級數: Beginner
編舞者: Combo
音樂: Band of Gold - Freda Payne



ROCK STEP, LOCK STEP LOCK, ROCK STEP, LOCK STEP LOCK

1-2 Rock forward on right, rock back on left
3&4 Step back on right, cross left over right, step back on right
5-6 Rock back on left, rock forward on right
7&8 Step forward on left, slide right behind left, step forward left

SIDE ROCK, CROSS & CROSS, SIDE ROCK, ¼ TURN RIGHT, LEFT SHUFFLE

9-10 Rock to right on right foot, rock onto left
11&12 Cross right over left, step left to left side, cross right over left
13-14 Rock onto left foot, rock onto right making a ¼ turn right
15&16 Shuffle forward left, right, left

½ PIVOT TURN, FULL SPIN, SIDE BEHIND & CROSS, HOLD

17-18 Step forward right, pivot ½ turn left
19&20 Full spin turning left on a right, left, right
21-22 Step left to left, step right behind left
23&24 Step left to left, cross right over left, hold

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

25-26 Rock to left on left, rock onto right
27&28 Step left behind right, step on right turning a ¼ turn left, step left to left
29-30 Rock forward on right, rock back on left
31&32 Make a ¾ turn right on a right, left, right

ROCK STEP, COASTER STEP, FULL TURN PADDLE STEPS

33-34 Rock forward on left, rock back on right
35&36 Step back on left foot, step together with right foot, step forward on left
37 Pivot a ¼ turn left on ball of left foot as you touch right to right side
38-39-40 Repeat step 37 to complete a full turn

REPEAT