Ashes (P)

拍數: 32

級數: Partner

編舞者: Sue Halliday (USA)

音樂: Ashes By Now - Lee Ann Womack

Position: Facing LOD, Double Hand Position, Man facing OLOD

HIP SWAYS, ¼ TURN, WALK, TOUCH

1	MAN: Stands still
	LADY: Sway hips to the right as you bend knees
2	MAN: Stands still
	LADY: Sway hips to the left as you bend knees
3	MAN: Stands still
	LADY: Sway hips to the right as you straighten knees
4	MAN: Stands still (weight on right foot)
	LADY: Sway hips to the left as you straighten knees

Release lady's right hand, man's left

- 5-6 MAN: Turn 1/4 turn to the left as you step left foot forward, step right foot forward LADY: Turn ¼ turn to the right as you step right foot forward, step left foot forward
- 7-8 MAN: Step left foot forward, touch right foot next to left
- LADY: Step right foot forward, touch left foot next to right

JAZZ BOX WITH ROCK STEP, SHUFFLES

- 9-10 MAN: Cross right foot over left, step left foot back
- LADY: Cross left foot over right, step right foot back
- 11&12 MAN: Step right foot to right, rock back on left foot, replace on right foot
- LADY: Step left foot to left, rock back on right foot, replace on left foot
- 13&14 Man: shuffle forward left-right-left
- Lady: shuffle forward right-left-right
- 15&16 Man: shuffle forward right-left-right Lady: shuffle forward left-right-left

JAZZ BOX WITH ROCK STEP, SHUFFLES

- 17-18 MAN: Cross left foot over right, step right foot back
- LADY: Cross right foot over left, step left foot back
- 19&20 MAN: Step left foot to left, rock back on right foot, replace on left foot
- LADY: Step right foot to right, rock back on left foot, replace on right foot
- Man: shuffle forward right-left-right 21&22
- Lady: shuffle forward left-right-left
- Man: shuffle forward left-right-left 23&24
 - Lady: shuffle forward right-left-right

1/2 TURN SHUFFLE, FORWARD SHUFFLE, 1/4 TURN, TOUCH, 1/2 TURN, STEP

Release lady's left hand, man's right

25&26

- MAN: Turn 1/2 turn to the left as you shuffle right-left-right
 - LADY: Turn 1/2 turn to the right as you shuffle left-right-left

Rejoin lady's right hand, man's left (couples facing RLOD)

- 27&28 Man: shuffle forward left-right-left
- Lady: shuffle forward right -left-right
- 29-30 MAN: Turn ¼ turn to the right as you step right foot forward, touch left foot next to right LADY: Turn 1/4 turn to the left as you step left foot forward, touch right foot next to left





牆數: 0

31-32 MAN: Step left foot back as you turn ½ turn to the left, step right foot next to left LADY: Step right foot back as you turn ½ turn to the right, step left foot next to right Rejoin lady's left hands, man's right

REPEAT