Ashes By Now



拍數: 32 牆數: 4 級數: Improver

編舞者: Glenda Ortiz Harney (USA)

音樂: Ashes By Now - Lee Ann Womack



ROCK STEP, 1/2 TRIPLE RIGHT, ROCK STEP, 1/4 TRIPLE LEFT

1-2	Rock forward	on right.	recover back on left

3&4 Triple step right turning ½ turn to right (right, left, right)

5-6 Rock forward on left, recover back on right

7&8 Triple step left turning ½ turn to left (left, right, left)

KICK & TOUCH, KICK & TOUCH, KICK & TOUCH, FRONT, SIDE

9&10	Kick right, step forward on right, touch left to left side
11&12	Kick left, step forward on left, touch right to right side
13&14	Kick right, step forward on right, touch left to left side

15-16 Touch left to front, touch left to left side

BEHIND & FRONT, SIDE ROCK, BEHIND & FRONT, SIDE ROCK

17&18	Sten left behind right	step right to right side.	sten left across right
170010	- SIED IEH DEHING HUIH.	SIED HUHL LO HUHL SIUE.	SIED IEIL ACIUSS HUIL

19-20 Rock to right side on right, recover onto left

21&22 Step right behind left, step left to left side, step right across left

23-24 Rock to left side on left, recover onto right

LEFT SAILOR, RIGHT SAILOR, BEHIND, TURN, STOMP, STOMP

25&26	Left sailor (left behind right, right to right side, left to left side)
27&28	Right sailor (right behind left, left to left side, right to right side)
29-30	Touch left behind right, turn 1/2 to left putting weight on left
31-32	Stomp right, stomp left

REPEAT

If you have trouble doing steps 17, 24 you can do the following: BEHIND, SIDE, ROCK, STEP, SIDE, BEHIND, ROCK, STEP

17-20	Step left behind right, step right to right side, rock left to left side, recover on right
21-24	Step left to left side, step right behind left, rock left to left side, recover on right