

# And More

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Julie Dowse (AUS)  
音樂: And More - Restless Heart



## STEP, DRAG, STEP, DRAG, FORWARD COASTER, STEP TOGETHER

- 1-4            Step right forward, drag left to right, step left forward, drag right to left  
5-8            Step right forward, step left beside right, step right back, step left next to right (12:00)

## ¼ TURN ROCK FORWARD, HOLD, ROCK BACK, ¼ HINGE, ¼ TURN ROCK FORWARD, HOLD, ROCK BACK, ¼ HINGE

- 1-4            ¼ turn over left stepping forward on right, hold, rock back on left, ¼ turn over right stepping right to right (12:00)  
5-8            ¼ turn over right stepping forward on left, hold, rock back on right, ¼ turn over left stepping left to left

## STEP FORWARD 45 DEGREES LEFT, STEP BESIDE, TURN ¼ TURN RIGHT, STEP FORWARD, STEP BESIDE, TURN ¼ TURN LEFT, STEP ACROSS, STEP TO SIDE

- 1-2-3          Step right forward left diagonal (facing 10:00), step left together, turn over right to face (2:00) weight right  
4-5-6          Step left forward, step right beside left, turn over left to face (10:00) weight left  
7-8            Cross/step right over left (still on diagonal), step left to left (straightening up to face 12:00)

## ½ HINGE OVER RIGHT, ROCK/STEP, REPLACE, SIDE STEP, CROSS/STEP, ¼ TURN ½ TURN, ½ TURN

- 1-4            ½ hinge turn over right stepping right to right, rock/step left over right, replace weight to right, step left to left  
5-8            Cross/step right over left, ¼ turn over right stepping back on left, ½ turn over right stepping right forward, ½ turn over right stepping back on left (9:00)

## STEP BACK, DRAG, STEP BACK, STEP TOGETHER, STEP BACK, DRAG, ROCK BACK, ROCK FORWARD

- 1-4            Step back on right, drag left to right, step back on left, step right beside left  
5-8            Step back on left, drag right to left, rock back on right, rock forward on left

## ¼ TURN, DRAG, STEP BEHIND, ¼ TURN, ¼ TURN, DRAG, STEP BEHIND, ¼ TURN

- 1-4            ¼ turn over left stepping (large step) right to right, drag left to right, step left behind right, ¼ turn over right stepping right forward  
5-8            ¼ Turn over right stepping (large step) left to left, drag right to left, step right behind left, ¼ turn over left stepping left forward

## ½ PIVOT, ¾ TURN, ROCK, REPLACE, CROSS/STEP, FULL UNWIND

- 1-4            Step forward right, ½ pivot over left, step forward right, turn ¾ over left (on right foot) keeping left foot raised (6:00)  
5-8            Rock/step left to left, replace weight to right, cross/step left over right, full unwind over right weight left

## ROCK, REPLACE, CROSS/STEP, SWEEP AROUND, CROSS/STEP, STEP, CROSS/STEP HOLD

- 1-4            Rock/step right to right, replace weight to left, cross/step right over left, sweep left around  
5-8            Cross/step left over, step right to right, cross/step left over right, hold

## REPEAT

## TAG

**On walls 2,4 & 6 (every time you face the front)**

1-4 Step forward right, replace weight to left, step right back, drag left back

5-8 Step back left, replace weight to right, step forward left, drag right forward

**TAG 2**

**On wall 2 after the first tag has been danced**

1-4 Step right forward, drag left to right, step back on left, drag right back to left

5-8 Step back on right, step left beside right, step right forward, step left beside right

**RESTART**

Restart on wall 5. Dance to count 40, then  $\frac{1}{4}$  turn over left ready to start dance on new wall

**FINISH**

Dance to count 16, then cross right over left

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