

Abilene

拍數: 32 牆數: 4 級數: Improver
編舞者: Audrey Watson (SCO)
音樂: Abilene On Her Mind - Buddy Jewell



FORWARD & SIDE & COASTER STEP, FORWARD & SIDE, CROSS SHUFFLE

1&2& Rock forward on right, rock back on left, rock right to right/side, rock weight on to left
3&4 Step back on right, step left next right, step forward on right
5&6& Rock forward on left, rock back on right, rock left to left/side, rock weight on right
7&8 Cross left over right, step right to right/side, cross left over right

SIDE & FORWARD & SIDE & ½ TURN. STEP LOCK STEP, STEP CLAP, STEP CLAP

1&2& Rock right to right/side, rock weight on left, rock forward on right, rock back on to left
3&4 Rock right to right/side, rock weight on left, turn ½ right stepping right to right/side
5&6 Step forward on left, lock right behind left, step forward on left
7&8& Step forward on right, clap hands, step forward on left, clap hands

Repeat steps 7&8& on walls 2 and 6 continue with dance

SIDE TOGETHER BACK, ½ SHUFFLE, MAMBO STEP, COASTER CROSS

1&2 Step right to right/side, step left next right, step back on right
3&4 Turn ½ shuffle left stepping left, right, left
5&6 Rock forward on right, rock back on left, step back on right
7&8 Step back on left, step right next left, cross left over right

Restart the dance here on wall 4

SIDE TOGETHER BACK, CHASSE ¼ TURN . CROSS BACK BACK, CROSS BACK BACK

1&2 Step right to right/side, step left next right, step back on right
3&4 Step left to left side, step right next left, step left ¼ turn left
5&6 Cross right over left, step back on left, step right to right side (traveling back)
7&8 Cross left over right, step back on right, step left to left side (traveling back)

REPEAT
