

Afraid (P)

COPPER KNOB
STEPPERS

拍數: 48 牆數: 0 級數: Partner
編舞者: Hazel Pace (UK)
音樂: Afraid - John McCabe



Position: Right Reverse Cross Skaters (LOD, Lady On man's right, arms crossed behind backs, right hand on lady's right hip, left hand on man's left hip.) Lady's steps given. Man opposite footwork

STEP LOCK, STEP HOLD, STEP LOCK, STEP HOLD

1-2 Step forward on right, step left beside right
3-4 Step forward on right, brush left forward
5-6 Step forward on left, step right beside left
7-8 Step forward on left, brush right forward

SIDE TOGETHER, SIDE TOUCH, SIDE CROSS ¼ TURN HOLD, ROCK RECOVER, HOLD, STEP
Hold inside hands as you part, until the lady starts to pass in front. Man takes lady's right hand in his left, going over lady's head as you turn

1-2 Step right to right side, step left beside right
3-4 Step right to right side, touch left beside right

Pull apart on count 4. Don't let go

5-6 Step left to left side, cross right over left. (passing in front of man)
7-8 Make ¼ turn right as you step back on left, hold
9-10 Rock back on right, recover on left
11-12 Step forward on right, hold.(now facing in ballroom hold)

MAN'S 5-12:

5-6 Step right to right side, cross left behind right
7-8 Make ¼ turn left as you step back on right. Hold
9-10 Rock back on left, recover on right
11-12 Step forward on left, hold

MAMBO STEP FORWARD, MAMBO STEP BACK, (BALLROOM HOLD)

1-4 Rock forward on left, recover on right, step back on left, hold
5-8 Rock back on right, recover on left, step forward on right, hold

MAN'S 21-28:

1-4 Rock back on right, recover on left, step forward on right, hold
5-8 Rock forward on left, recover on right, step forward on left, hold

STEP ROCK TOUCH X 4, TURNING ON THE SPOT TO THE RIGHT

LADY

1-2 Step left to left side rocking to left, touch right beside left
3-4 Step right to right side rocking to right, touch left beside right
5-8 Repeat counts 1-4. Man's opposite footwork. (still in ballroom)

As you step touch make ½ turn to the right. Finish with lady facing ILOD, man facing OLOD

SIDE TOGETHER, SIDE HOLD, ROCK ¼ RIGHT, HOLD, FULL TURN RIGHT

Man's mirror image. Man's turns are left

1-2 Step left to left side, step right beside left
3-4 Step left to left side, hold
5-6 Make ¼ turn right rocking back on right, recover on left, facing LOD
7-8 Step forward on right, hold
9-10 Make ½ turn right stepping back on left, make ½ turn right stepping forward on right
11-12 Step forward on left, hold

Alternative for steps 9-12: step, lock, step

When you start in skaters it doesn't matter if the lady's arms are on top or underneath (depends on height)

REPEAT
