After All These Years

拍數: 48

級數: Intermediate

編舞者: Neville Fitzgerald (UK)

音樂: Everything's Changed - Lonestar

STEP, ROCK, RECOVER, TRIPLE ½ TURN, STEP PIVOT, ROCK & CROSS BEHIND

- 1-2-3 Step forward on left, rock forward on right, recover on left
- 4&5 Make ½ turn over right shoulder stepping right-left-right
- 6-7 Step forward on left, pivot ½ turn right keeping weight on right
- 8&1 Rock to left side on left, recover on right, cross step left behind right

SIDE, CROSS, ROCK & CROSS, SIDE, TOUCH, KICK & CROSS

- 2-3 Step right to right side, cross step left over right
- 4&5 Rock to right side on right, recover on left, cross step right over left
- 6-7 Take long step to left on left, touch right next to left
- 8&1 Kick right forward diagonal right, step right to side, cross step left over right

2X ¼ TURN LEFT, CROSS ROCK SIDE, BEHIND, SIDE, CROSSING SHUFFLE

- 2-3 Make ¼ turn left stepping back right, make ¼ turn left stepping left to left side
- 4&5 Cross rock right over left, recover on left, step right to right side
- 6-7 Cross step left behind right, step right to right side
- 8&1 Cross step left over right, step right to side, cross step left over right

34 MONTEREY, CHASSE LEFT, CROSS ROCK, CHASSE RIGHT

- 2-3 Touch right toe to right side, on ball of left turn ³/₄ to right stepping right next to left
- 4&5 Step left to left side, step right next to left, step left to left side
- 6-7 Cross rock right over left, recover on left
- 8&1 Step right to right side, step left next to right, step right to right side

CROSS ROCK, CHASSE ¼ TURN LEFT, STEP, ½ PIVOT, TRIPLE FULL TURN

- 2-3 Cross rock left over right, recover on right
- 4&5 Step left to left side, step right next to left, make ¼ turn left stepping forward left
- 6-7 Step forward right, pivot ½ turn left keeping weight on left
- 8&1 Make ½ turn left stepping back on right, ½ turn left stepping forward left, step forward right. (traveling forward, option right shuffle)

STEP, POINT, SAILOR ¼ TURN, STEP ½ PIVOT, LEFT LOCK STEP*

- 2-3 Step forward on left, point right to right side
- 4&5 Step right behind left, turn ¼ right stepping left to side, step right next to left
- 6-7 Step forward on left, pivot ½ turn to right
- 8&1 Step forward left, lock right behind left, step forward left

Last step forward left is first step of dance

REPEAT

Doesn't work with version of song on Lonely Grill album.





牆數:4