Ooh Miss Grace

拍數: 32

級數: Improver

編舞者: Alan Haywood (UK) - July 2007

音樂: Ms. Grace - The Tymes : (Album: The Tymes Greatest Hits)

Intro: 24 counts Or Music:	from 1st drum beat (total 40 seconds) "Restless" by Shelby Lynne from the Linedance Fever 16 ? 143bpm "Let Your Love Flow" by The Bellamy Brothers from various albums ? 115bpm "Long Trail of Tears" by George Ducas from Most Awesome 10 album ? 113bpm Or, as always, your favourite tune will almost be guaranteed to fit this dance!
Section 1	R side, hold, & side rock recover, R behind, ¼ L, walk R L
1-2	Step right to right side, hold for 1 count
&3-4	Step left next to right, rock right to right side, recover weight onto left
5-6	Cross step right behind left, step left ¹ / ₄ left
7-8	Walk forward right, left
Section 2	R forward, ½ L, R forward shuffle, rock, recover, L coaster
1-2	Step forward onto right, pivot 1/2 turn left
3&4	Step forward onto right, close left next to right, step forward onto right
5-6	Rock forward onto left, recover weight back onto right
7&8	Step back onto left, step right next to left, step forward onto left
Section 3	R jazz box, ¼ monterey R, R jazz box, ¼ monterey R
1-2	Cross step right over left, step back onto left
3-4	Step right to right side, step forward onto left
5-6	Point right to right side, 1/4 turn right stepping onto right
7-8	Point left to left side, step left next to right
Section 4	Rock forward R, recover L, R back shuffle, rock back L, recover R, ¼ R, touch R
1-2	Rock forward onto right, recover weight back onto left
3&4	Step back onto right, close left next to right, step back onto right
5-6	Rock back onto left, recover weight forward onto right
7-8	Making a ¼ turn right step left to left side, touch right next to left
END OF DANCE ? ENJOY AND SING ALONG!!!!	
EMail / Website	





牆數:4