

Rest In Pieces

拍數: 48 牆數: 4 級數: Improver
編舞者: Dianne Gray (USA) - February 2007
音樂: Rest in Pieces - Beccy Cole : (Album: Farm Safe Muster 98 - 3:40)



Intro: 32 beats

FORWARD, 45°, SIDE TOUCHES, SAILOR STEP, SAILOR STEP

1,2 R toe forward - R toe 45°
3,4 R toe touch to right side and Hold
5&6 R behind L, L to side, R to side
7&8 L behind R, R to side, L to side

LOCK STEP, COASTER STEP, FORWARD, PIVOT, ROCK & STEP

1&2 R back, L across R, step R back (RLR)
3&4 L back, R together, L forward (LRL)
5,6 Step R forward, L forward
7,8 Turning 180° R with weight on L foot, rock back onto R, step forward on L

HEEL-TOE JACKS, SIDE ROCK, CROSS & UNWIND

1&2 R Heel 45°, R together, L toe back
&3,4 L together, R heel 45°, Hold
5,6 R to side, rock onto L
7,8 R across L and unwind 180° **

FORWARD, 45° & SIDE TOUCHES, SAILOR STEP, SAILOR STEP

1,2 L toe forward - L toe 45°
3,4 L toe touch to left side and Hold
5&6 L behind R, R to side, L to side
7&8 R behind L, L to side, R to side

LOCK STEP, COASTER STEP, FORWARD, PIVOT, ROCK & STEP

1&2 L back, R across L, step L back (LRL)
3&4 R back, L together, R forward (RLR)
5,6 Step L forward, R forward
7,8 Turning 180° L with weight on R foot, rock back onto L, step forward on R

HEEL-TOE JACKS, SIDE ROCK, PADDLE TURN

1&2 L Heel 45°, L together, R toe back
&3,4 R together, L heel 45°, Hold
5,6 L to side, rock onto R
7,8 L step forward and turn 90° R

TAG: 2 hip bumps END of 1st wall.

TAG: (2 hip bumps) AND RESTART 4th wall**