

17 In Abilene

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Audrey Watson (SCO)
音樂: 17 in Abilene - Katie Armiger : (CDs or iTunes)



Start Dance: 32 count intro: Bpm:140

SECTION ONE: SIDE ROCK, BEHIND & CROSS, FWD ROCK, SHUFFLE BACK.

1-2 Rock left to l/side, recover weight on right.
3&4 Step left behind right, step right to r/side, cross left over right.
5-6 Rock fwd right, recover back on left.
7&8 Shuffle back on right, left, right.

SECTION TWO: SIDE TOG SHUFFLE FWD, STEP PIVOT 1/2 TURN, FWD SHUFFLE.

1-2 Step left to left side, close right next left.
3&4 Shuffle fwd on left, right, left.
5-6 Step fwd on right, pivot 1/2 turn left.
7&8 Shuffle fwd on right, left, right.

SECTION THREE: ROCKING CHAIR, 1/4 TURN CHASSE, BACK ROCK.

1-2 Rock fwd on left, recover back on right.
3-4 Rock back on left, rock fwd on right.
5&6 Turn 1/4 right stepping left to left side, close right next left, step left to left side.
7-8 Rock back on right, recover fwd on left.

Add the 4 Count tag on here on wall 3, restart the dance from the beginning

CROSS 1/4 TURN, BACK, COASTER CROSS

1-2 Turn 1/4 left stepping back on right, step back on left.
3&4 Step back on right, step left next right, cross right over left.

SECTION FOUR: 1/2 TURN, CROSS SHUFFLE, SIDE ROCK, CROSS ROCK.

1-2 Turn 1/4 left stepping back on right, turn 1/4 left stepping left to left side.
3&4 Cross right over left, step left to left side, cross right over left.
5-6 Rock left to left side, recover weight on right.
7-8 Cross rock left over right, recover weight on right.

SECTION FIVE: SIDE ROCK, BEHIND & CROSS, 1/4 TURN BACK, COASTER STEP.

1-2 Rock left to left side, recover weight on right.
3&4 Cross left behind right, step right to right side, cross left over right.
5-6 Turn 1/4 left stepping back on right, step back on left.
7&8 Step back on right, step left next right, step fwd on right.

SECTION SIX: CROSS SIDE, SAILOR STEP, CROSS SIDE, SAILOR STEP.

1-2 Cross left over right, step right to right side.
3&4 Cross left behind right, step right to right side, step left to left side.
5-6 Cross right over left, step left to left side.
7&8 Cross right behind left, step left to left side, step right to right side.

SECTION SEVEN: DIAGONAL STEP LOCK, STEP LOCK STEP, 1/2 TURN, SHUFFLE.

1-2 Step left diagonally right, lock right behind left.
3&4 Step left diagonally right, lock right behind left, step left fwd diagonally right.
5-6 Step fwd on right, turn 1/2 left.
7&8 Shuffle fwd on right, left, right.

SECTION EIGHT: FWD ROCK COASTER CROSS, SIDE ROCK, BEHIND & CROSS

- 1-2 Rock fwd on left, recover back on right, straightening up to back wall.
 - 3&4 Step back on left, step right next left, cross left over right.
 - 5-6 Rock right to right side, recover weight on left.
 - 7&8 Cross right behind left, step left to left side, cross right over left.
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