

# Foundations

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Sammy Jo (UK) - August 2007  
音樂: Foundations - Kate Nash : (CD: Made Of Bricks)



Intro: 12 secs.

## Rock and cross HOLD, Rock and cross HOLD,

1-2            Step R to R side, Recover weight back on to L,  
3-4            Cross R over L, HOLD for count 4,  
5-6            Step L to L side, Recover weight back on to R,  
7-8            Cross L over R, HOLD for count 8,

## Kick and point HOLD, Kick and point HOLD,

1-2            Kick R forward, Close R next to L,  
3-4            Point L to L side, HOLD for count 4,  
5-6            Kick L forward, Close L next to R,  
7-8            Point R to R side, HOLD for count 8,

## Cross, side, behind, side, Cross Rock Side, HOLD,

1-2            Cross R over L, Step L to L side,  
3-4            Step R behind L, Step L to L side,  
5-6            Cross R over L, Recover weight back on to L,  
7-8            Step R to R side, HOLD for count 8,

## Cross, side, behind, side, Cross Rock Side, HOLD,

1-2            Cross L over R, Step R to R side,  
3-4            Step L behind R, Step R to R side,  
5-6            Cross L over R, Recover weight back on to R,  
7-8            Step L to L side, HOLD for count 8

## Step, Pivot Turn, Right Lock Step, Step Pivot Turn, Step,

1-2            Step R forward, Pivot 1/2 L on ball of L foot,  
3-4            Step R forward, Lock L behind R,  
5-6            Step R forward, Step L forward,  
7-8            Pivot 1/2 R on ball of R foot, Step L forward,

## Right Lock Step, Step Pivot Turn, Step Point, ¼ turn,

1-2            Step R forward, Lock L behind R,  
3-4            Step R forward, Step L forward,  
5-6            Pivot 1/2 R on ball of R foot, Step L forward  
7-8            Point R to R side, Turn 1/4 R [weight still on L foot],

## Back rock, Step, HOLD, Step Pivot step, HOLD,

1-2            Step R back, Recover weight back on to L,  
3-4            Step R forward, HOLD for count 4,  
5-6            Step L forward, Pivot 1/2 R on ball of R foot,  
7-8            Step L forward, HOLD for count 8,

## Forward Rock, Back Rock, Step, Turn, into a Rock and Cross.

1-2            Step R forward, Recover weight back onto L,  
3-4            Step R back, Recover weight back onto L,  
5-6            Make a 1/4 turn R stepping R forward, Step L to L side

7-8

Recover weight back onto R, Cross L over R!

**Begin again**

**Restart: On the end of wall 5 [you'll be facing the back wall] dance the first 4 sections and then start the dance again.**

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