

Yield

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Kumari Tugnait (UK) - August 2008
音樂: Yield - Indigo Girls : (CD: Become You, Indigo Girls)



Right Side Shuffle, Left Sailor, Cross Step, Side Step, Right Cross Shuffle

- 1 & 2 Step right to right side, close step left beside right, step right to right side
- 3 & 4 Step left behind right, step right to right side, step left to left side
- 5 - 6 Cross step right over left, step left to left side
- 7 & 8 Cross right over left, step left to left side, cross right over left

Side Toe Switches, Step ¼ Turn Right, Left Jazz Box Touch

- 1 & 2 & Touch left toe to left side, step left in place, touch right toe to right side, step right in place
- 3 - 4 Step forward on left, pivot ¼ turn right stepping on right
- 5 - 8 Cross left over right, step back on right, step left to left side, touch right beside left

Rolling Vine Right, Left Shuffle Forward, Right Rock Forward Recover

- 1 - 4 Step ¼ turn right stepping right to right side, step ½ turn right stepping back on left, step ¼ turn right stepping right to right side, touch left beside right
- 5 & 6 Step forward on left, close step right beside left, step forward on left
- 7 - 8 Rock forward on right foot, recover back on left

(Counts 1 - 4 can be replaced with a grapevine right with a touch)

Shuffle Back Right & Left, Right Rock Back Recover, Right Kick Ball Step

- 1 & 2 Step back on right, close step left beside right, step back on right
- 3 & 4 Step back on left, close step right beside left, step back on left
- 5 - 6 Rock back on right, recover on left
- 7 & 8 Kick right foot forward, step right in place, step forward on left

Heel Switches Forward, Right Shuffle Forward, Left Rock Back Recover, Left Coaster Step

- 1 & 2 & Touch right heel forward, step right in place, touch left heel forward, step left in place
- 3 & 4 Step forward on right, close step left beside right, step forward on right
- 5 - 6 Rock forward on left foot, recover back on right
- 7 & 8 Step back on left, step right beside left, step forward on left

¼ Turn Jazz Box Right X 2

- 1 - 4 Cross step right over left, step back on left, step ¼ turn right stepping right to right side, step left beside right (Restart here on walls 3 & 5)
- 5 - 8 Repeat steps 1 - 4