

This Ol' World

拍數: 48 牆數: 4 級數: Improver
編舞者: Clare Bull (UK) - May 2010
音樂: This Ol' World (feat. Joe Bonamassa) - Sandi Thom



Intro: 48 Count from heavy beat

CROSS, POINT, CROSS, POINT, FORWARD ROCK, COASTER STEP

1-2 Cross right over left, point left toe out to left side
3-4 Cross left over right, point right to out to right side
5-6 Rock forward onto right, replace weight on left
7&8 Step back right, step left next to right, step forward on right

FORWARD ROCK, SHUFFLE BACK, BACK ROCK, SHUFFLE FORWARD

1-2 Rock forward on left, recover weight on right
3&4 Step forward on left, step together right, step forward left
5-6 Rock back on right, replace weight on left
7&8 Step forward on right, step together left, step forward right

SIDE, BEHIND, TURN 1/4, STEP, SHUFFLE FORWARD, PIVOT 1/4, REPLACE WEIGHT

1-2 Step left to left side, step right behind left
3-4 Step forward on left turning 1/4 left, step forward on right
5&6 Step forward on left, step together right, step forward left
7-8& Pivot 1/4 turn left, transfer weight to right

SIDE, BEHIND RIGHT, TURN 1/4, STEP, SHUFFLE FORWARD, PIVOT 1/4

1-2 Step left to left side, step right behind left
3-4 Step forward on left turning 1/4 left, step forward on right
5&6 Step forward on left, step together right, step forward left
7-8 Pivot 1/4 turn left

RIGHT AND LEFT DOROTHY STEPS, FORWARD ROCK, 1/2 TURN RIGHT X 2

1-2& Step forward on right diagonal, lock left behind right, step right slightly forward
3-4& Step forward on left diagonal, lock right behind left, step left slightly forward
5-6 Rock forward on right, replace weight on left
7-8 Turn 1/2 right stepping forward on right, turn 1/2 right stepping back on left

BACK ROCK, SHUFFLE FORWARD, JAZZ 1/4, POINT

1-2 Rock back on right, replace weight on left
3&4 Step forward on right, step together left, step forward right
5-6 Cross left over right, step back on right turning 1/4 left
7-8 Step left to left side, point right out to right side