Road to Ruin

拍數: 32	牆數: 4	級數: Intermediate

編舞者: Gerard Murphy (CAN) - September 2010

音樂: Road to Ruin - Great Big Sea : (CD: Safe Upon The Shore)

Start point: After 16 counts.

Kick and touch, kick and touch, Kick ball cross heel jack, hold

1&2	Kick R forward, step onto R, touch L next to R
3&4	Kick L forward, step onto L, touch R next to L
5&6&7	Kick R forward, step onto ball of R, cross step L over R, step R back on R diagonal, touch L heel forward on L diagonal
8	HOLD

And cross side step, ¼ turn right step, cross, shuffle right, rock recover

&1,2	Step onto L in place, cross step R over L, step L to L
3,4	Step R back making a ¼ turn R, cross step L over R
5&6	Shuffle R: R,L,R
7,8	Rock step L behind R, recover onto R

Side behind ball cross side, sailor step, sailor step

1,2&3,4	Step L to L, cross step R behind L, step on L in place, cross step R over L, step L to L
5&6	Sailor step: R,L,R
7&8	Sailor step: L,R,L

Rock recover, coaster step, walk, walk, walk, touch

1,2	Rock forward on R, recover on L
3&4	Coaster step back: R,L,R
5,6,7	Walk forward 3x: L,R,L
8	Touch R next to L

Start Over!

TAG:

16 counts. Danced once after two complete rotations of the 32 count dance – on the back wall.

1-8	Dance the first 8 of the dance EXACTLY!

(9-16) Repeat the same pattern as the first 8 of the dance but with the opposite feet:

9&10	Kick L forward, step onto L, touch R next to L
11&12	Kick R forward, step onto R, touch L next to R
13&14&15	Kick L forward, step onto ball of L, cross step R over L, step L back on L diagonal, touch R heel forward on R diagonal
16	HOLD

Contact: murphydance@ns.sympatico.ca