

At Home

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Carol Bates (UK) - February 2011
音樂: At Home - Crystal Fighters



Or Rolling In The Deep by Adele – if danced to this track, the dance is not phased and needs no restarts.

Syncopated jazz box, back rock, turn $\frac{1}{4}$, $\frac{1}{2}$

1 – 2 Cross right over left, step back on left
&3 – 4 Step right next to left, cross left over right, step right to right side
5 – 6 Rock back on left, recover on right
7 – 8 Turn $\frac{1}{4}$ left stepping forward on left, turn $\frac{1}{2}$ left stepping back on right

Coaster step, right heel jack, left heel jack. Cross right unwind $\frac{1}{2}$ turn left

1&2 Step back on left, step right next to left, step forward on left
3&4 Cross right over left, step back on left, touch right heel to right diagonal
&5&6 Step back on right, cross left over right, step back on right, touch left heel to left diagonal
&7 – 8 Step left to place, cross right over left, unwind $\frac{1}{2}$ turn left (weight on right)

Restart here on wall 4 facing 3 o'clock WEIGHT NEEDS TO BE ON LEFT FOOT

Left sailor step, back rock recover, syncopated weave right

1 & 2 Step left behind right, step right to side, step left to left side
3 – 4 Rock back on right, recover on left
& 5 & 6 Step right to right side, step left behind right, step right to right side, cross left over right
&7&8 Step right to right side, step left behind right, step right to right side, cross left over right

Right side rock recover, cross shuffle, $\frac{1}{2}$ hinge turn right, kick ball point right toe back

1 – 2 Rock right to right side, recover on left
3 & 4 Cross right over left, step left to left side, cross right over left
5 – 6 Step left to left side, on ball of left turn $\frac{1}{2}$ turn right stepping right to right side
7 & 8 Kick left foot forward, step on left, touch right toe back

Restart here on wall 5 which will take you back to a 2 wall dance

Sway back right, recover on left, full turn left, rock forward right recover, side rock right recover

1 - 2 Sway back on right, recover on left
3 – 4 Turn $\frac{1}{2}$ turn left stepping back on right, turn $\frac{1}{2}$ turn left stepping forward on left
5 – 6 Rock forward on right, recover on left
7 – 8 Side rock right, recover on left

Right behind side cross, side rock recover $\frac{1}{4}$, triple full turn right, ball step clap

1 & 2 Step right behind left, step left to left side, cross right over left
3 – 4 Rock left to left side, recover on right turning $\frac{1}{4}$ turn right
5 & 6 Triple full turn over right shoulder stepping left, right, left
&7 – 8 Step on ball of right, step forward on left, clap

Happy dancing