

Poemes

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Annie Saerens (BEL) - April 2011
音樂: Les poèmes de Michelle - Teri Moise



Intro: 32 counts

ROCK STEP, STEP LOCK STEP, ROCK STEP, SCISSOR STEP

1-2-3&4 R fwd rock, recover onto L, R back step, cross over with L, R back step
5-6-7&8 L cross rock behind, recover onto R, L side step, together with R, cross over with L

ROCK STEP, CROSS SHUFFLE, ¼, ½, SHUFFLE

1-2-3&4 R side rock, recover onto L, cross over with R, L side step, cross over with R
5-6&7&8 ¼ turn R stepping back with L, ½ turn R stepping fwd with R, L fwd step, tog with R, L fwd step

ROCK STEP, COASTER STEP, STEP, PIVOT ½, ½, TOGETHER, ¼ STEP

1-2-3&4 R fwd rock, recover onto L, R back step, tog with L, R fwd step
5-6-7&8 L fwd step, pivot ½ R, ½ turn pivot L (weight on L), together with R, ¼ turn L stepping fwd with L

ROCK STEP, COASTER STEP, STEP, PIVOT ½, STEP, PIVOT ½, TOGETHER

1-2-3&4 R fwd rock, recover onto L, R back step, tog with L, fwd R step
5-6-7&8 L fwd step, ½ pivot R, L fwd step, pivot ½ pivot R, together with L

ROCK STEP, FORWARD TWINKLE, ROCK STEP, ½ TURN SAILOR STEP

1-2-3&4 R side rock, recover onto L, cross over with R, L side step, R diagonal fwd step
5-6-7&8 L fwd rock, recover onto R, ¼ turn L crossing behind with L, R side step, ¼ turn L stepping fwd with L

Restart on rotation 2 and 4.

ROCK STEP, FORWARD TWINKLE, ROCK STEP, ½ TURN SHUFFLE

1-2-3&4 R side rock, recover onto L, cross over with R, L side step, R diagonal fwd step
5-6-7&8 L fwd rock, recover onto L, ¼ turn L stepping side with L, together with R, ¼ turn L stepping fwd with L

Repeat

Restart: On Rotation 2 and 4 just dance the 40 first counts and restart the dance

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