

Motherland

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Karl-Harry Winson (UK) - July 2011
音樂: The A Team - Ed Sheeran : (Album: The A Team)



Intro: 32 Counts from beginning (Start on Vocals)....(BMP:180)

Heel & Toe switches. Walk forward X2. Step 1/4 turn cross.

1& Dig Right heel forward. Step Right beside Left.
2& Point Left to Left side. Step Left beside Right.
3& Point Right to Right side. Step Right beside Left.
4& Dig Left heel forward. Step Left beside Right.
5 – 6 Walk forward on Right. Walk forward on Left.
7&8 Step Right forward. Pivot 1/4 Left. Cross Right over Left (9.00)

Grapevine Left. Cross rock-side. Cross rock 1/4 Left. Step 1/2 turn-step.

1&2 Step Left to Left side. Cross Right behind Left. Step Left to Left side.
3&4 Cross rock Right over Left. Recover weight on Left. Step Right to Right side.
5&6 Cross rock Left over Right. Recover weight back on Right. Make 1/4 Left stepping Left forward (6.00).
7&8 Step Right forward. Pivot 1/2 turn Left. Step Right forward (12.00).

Modified Rumba box.

1 – 2 Step Left to Left side. Close Right beside Left.
3&4 Step Left to Left side. Close Right beside Left. Step Left forward.
5 – 6 Step Right to Right side. Close Left beside Right
7&8 Step Right to Right side. Close Left beside Right. Step back on Right.

Walk back X2 (with sweeps). Left coaster Step. Cross rock-side. Cross rock 1/4 Left.

1& Walk back on Left. Sweep Right foot around from front to back.
2& Walk back on Right. Sweep Left foot around from front to back.
3&4 Step back on left. Close Right beside Left. Step Left forward.
5&6 Cross rock Right over Left. Recover weight onto Left. Step Right to Right side.
7&8 Cross Rock Left over Right. Recover weight onto Right. Make 1/4 turn Left stepping Left forward(9.00).