At The End of The Day



拍數: 72 牆數: 4 級數: Improver

編舞者: Monica Varnell (UK) - December 2011 音樂: At the End of the Day - Darren Busby



S1: Side rocks x3, Hold, Cross rock, recover, hold

1-4 Side step right rocks, Recover rock onto left side, Rock right to right side, Hold

(weight on right) Styling note big rocks

5-8 Cross rock left over right, Recover weight right, step left to left side, Hold

S2: Side rocks x3, Hold, Cross rock, recover, hold

1-4 Side step right rock, Recover rock onto left side, Rock right to right side, Hold

(weight on right) Styling note big rocks

5-8 Cross rock left over right, Recover weight right, step left to left side, Hold

S3: Sweep right behind, Step, Right cross, Hold

1-4 Sweep right behind left, left to left side, cross right over left, hold

5-8 Rock out to left, recover, step left forward, hold.

S4: Rumba box

1-4 Right side together, right forward, Hold,

5-8 Left side, together, back, Hitch

S5: 2x Half Shuffle turns moving backwards

1-4 Right shuffle half turn (Right, Left, Right) Hitch left. 5-8 Right shuffle half turn (Left, Right Left) Hitch right .

(Non turning: Right lock step back, Hitch left, Left lock step back, Hitch right)

S6: Right scissor, hold, 1/4, 1/4, cross, hold

1-4 Side right step, step left together by right, cross right over left ,hold.

5-8 Step onto left 1/4 right, 1/4 right .cross left over right, hold

S7: Right Scissor, rock, recover, rock recover 1/4 Step, Hold

1-4 Side right step, Step left together by right, Cross right over left, Hold,

5-8 Rock to left, recover onto right, 1/4 Turn Step left forward, Hold

S8: Right Weave, Rock recover cross

1-4 Right to the side, left behind, right to side, left in front,

5-8 Side right rock, Recover, Cross, right over left, Hold

S9: Left weave Rock recover cross

1-4 Left to the side, right behind, left to side, right in front,

5-8 Side left rock, Recover, Cross, left over right, Hold

Dance created for Luv 2 Danz (won't make a habit I promise) by Monica

Last Revision - 11th February 2012