

The Lesson

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Achim La Grange (DE) - January 2012
音樂: The Bridge You Burn - Reba McEntire



Intro: 32 Counts, Start: on vocals. - CW Rotation.

This Dance is written for my great Love ??

LF Cross / Side / Kick Ball Cross / ½ Turn Left / Step Fwd. / Chassé ¼ Turn R

- 1 – 2 cross L. over R., Step R to R. Side .
- 3 & 4 kick L. forward, step L ball next to RF , cross R over L .
- 5 – 6 make ½ turn L on balls (shift weight on LF), step forward on R .
- 7 & 8 make ¼ turn R and step L. to L.side, close R next to L, step L. to L side 09.00

Sailor Step / Sailor ¼ Turn L/ Press / Kick / Step Lock Back

- 1 & 2 cross R behind L, step L to L side, step R. to R. side.
- 3 & 4 step L. behind R, ¼ turn L and step R. to R side, step L to L side 06.00
- 5 – 6 press R. Ball forward, recover weight on LF and kick RF forward .
- 7 & 8 step back on R., lock L. over R., step back on R.

Side / Drag / Ball Cross / Side / Sailor ¼ Turn L / Crossing Shuffle

- 1 – 2 big step on L. to L side, drag R. toward left
- & 3 – 4 step on R ball, cross L. over R, step R. to R side,
- 5 & 6 step L. behind R, ¼ turn L and step R. to R side, step L to L side 03.00
- 7 & 8 cross R. over L., step L. to L. side, cross R. over L.

Side Rock Recover / Behind / Side / Cross /Point / Cross / Heel / Hold

- 1 – 2 rock L. to L. side, recover weight to R.
- 3 & 4 cross L. behind R., step R. to R. side, cross L. over R.
- 5 – 6 point R. to R. side, cross R. over L,
- 7 – 8 touch L. heel to L (angle upper body to left/, hold.

Start again.

Last Revision - 31st January 2012