

Four Letters

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Tara Busbridge (UK) - May 2012
音樂: New Age - Marlon Roudette : (Single - iTunes)



[1~8] ½ Forward Rumba Box, Left ½ Turn, Triple Step Full Turn, Forward Left Shuffle

1&2 Step R to right side, step L beside R, step R forward,
3&4 Step forward on L, make ½ turn on R, step forward on L, (06:00)
5&6 Triple step full turn, stepping RLR, (easier option ~ right shuffle forward, stepping RLR)
7&8 Forward L shuffle, stepping LRL,

[9~16] Forward Rock, Side Rock, ¼ Sailor Turn, Forward Rock, Side Rock, Sweep Full Turn

1&2& Rock forward on R, recover on L, rock R to right side, recover on L,
3&4 Sweep R behind L, turning ¼ turn right, step L to left side, step R over L, (09:00)
5&6& Rock forward on L, recover on R, rock L to left side, recover on R, (R2), (R3)
7&8 Sweep L behind R making a ¼ turn L, step back turning a ¼ on R, step ½ turn forward on L.
(09:00)

(Easier option ~ L coaster step, step L back, step R to L and step forward on L)

[17~24] Right Side Rock, Left Side Rock, Walk Back R & L, Right Back Coaster Step

1-2& Step R to right side, rock back on L, recover on R,
3-4& Step L to left side, rock back on R, recover on L,
5-6 Step back on R, step back on L,
7&8 Step R back, step L beside right, step R forward,

[25~32] Left Forward Rock, Ball Step Unwind ½ Turn, Right Cross Shuttle, Left Side Rock Cross

1-2& Rock L forward, recover on R, step L ball beside right,
3-4 Step forward on R, unwind ½ a turn left, recover on L, (3:00)
5&6 R over L cross shuffle, stepping RLR,
7&8 Rock L to left side, recover on R, step L over R, (R1)

Start again and Enjoy

TAG & RESTART 1 (R1)

End of Wall 1 Add: R Side Rock, L Side Rock. Then Restart (6:00)

1-2& Step R to right side, rock back on L, recover on R,
3-4& Step L to left side, rock back on R, recover on L,

TAG & RESTART 2 (R2)

Wall 3. Dance to count 14 (L Side Rock, recover R) then add ½ Sailor turn:- (9:00) Then Restart

1&2 Step ½ turn back on L, step R to L, step forward on L. Then Restart

TAG & RESTART 3 (R3)

Wall 7. Dance to count 14 (L Side Rock, recover R) then add ½ Sailor turn:- (9:00)

R Side Rock, L Side Rock, Then Restart

1&2 Step ½ turn back on L, step R to L, step forward on L.
3-4& Step R to right side, rock back on L, recover on R,
5-6& Step L to left side, rock back on R, recover on L,