

Left Hand Man

拍數: 48 牆數: 4 級數: Improver
編舞者: Roz Chaplin (UK) & Colin B. Smith (UK) - August 2012
音樂: Left Hand Man - Josh Turner : (CD: Punching Bag)



ROCKING CHAIR, FORWARD ROCK, ¼ TURN, HOLD

1-2 Rock forward on right, recover onto left
3-4 Rock back on right, recover onto left,
5-6 Rock forward on right, recover onto left
7-8 Make ¼ turn right stepping back on right, Hold (3)

REVERSE RUMBA BOX WITH HOLDS

1-2 Step left to left side, step right beside left
3-4 Step back on left, Hold
5-6 Step right to right side, step left beside right
7-8 Step forward on right, Hold

BOTAFOGO'S, PIVOT ¼ TURN, CROSS, POINT

1&2 Step left forward, rock right to right side, recover onto left
3&4 Step right forward, rock left to left side, recover onto right
5-6 Step left forward, pivot ¼ turn to right (6)
7-8 Cross left over right, point right to right side

RESTART:- On wall 3, restart the dance again at this point

CROSS, SIDE, SAILOR STEP, SAILOR ¼ TURN, PIVOT ½ TURN

1-2 Cross right over left, step left to left side
3&4 Step right behind left, step left to left side, step right to right side
5&6 Step left behind right, make ¼ turn to left stepping right to right side, step left to left side (3)
7-8 Step right forward, pivot ½ turn to left (9)

CROSS, POINT, SHUFFLE, ROCKING CHAIR

1-2 Cross right over left, point left to left side
3&4 Step left forward, step right beside left, step left forward
5-6 Rock forward on right, recover onto left
7&8 Rock back on right, recover onto left

ROCK STEP, SHUFFLE ½ TURNS, ROCK STEP

1-2 Rock forward on right, recover onto left
3&4 Make ½ turn to right stepping right, left, right (3)
5&6 Make ½ turn to right stepping left, right, left (9)
7-8 Rock back on right, recover onto left