

Silent Wings

拍數: 64 牆數: 2 級數: Improver
編舞者: David Sinfield (UK) - March 2013
音樂: On Silent Wings - Tina Turner : (iTunes)



Note: Choreographed in memory of my dancer Joan who lost the battle with cancer

Start dance on Lyrics

WEAVE LEFT, CROSS SHUFFLE, SIDE ROCK

1-2 Cross right over left, step left to left
3-4 Cross right behind left, step left to left
5&6 Cross right over left, step left to left, cross right over left
7-8 Rock left to left side, replace weight on right

BEHIND, SIDE, CROSS SHUFFLE, SIDE ROCK, SAILOR ¼ TURN RIGHT

1-2 Cross left behind right, step right to right
3&4 Cross left over right, step right to right, cross left over right
5-6 Rock right to right, replace weight onto left
7&8 Cross right behind right, step left to left, step right into ¼ turn right

ROCK FORWARD, SHUFFLE ½ TURN LEFT X 3

1-2 Rock forward on left, replace weight onto right
3&4 Shuffle ½ turn left stepping left-right-left
5&6 Shuffle ½ turn left stepping right-left-right
7&8 Shuffle ½ turn left, stepping left-right-left

ROCK STEP, COASTER, SIDE TOGETHER, LEFT CHASSE

1-2 Rock forward right, replace weight onto left
3&4 Step right back, step left beside right, step right forward
5-6 Step left to left, close right beside left
7&8 Step left to left, close right beside left, step left to left

FORWARD ROCK, BACK ROCK, STEP HOOK WITH ½ TURN LEFT, LEFT SHUFFLE

1-2 Rock forward right, replace weight onto left
3-4 Rock back right, replace weight onto left
5-6 Step right forward, on the ball of right turn ½ turn left hooking left over right
7&8 Step left forward, close right beside left, step forward left

CROSS POINT, CROSS POINT, CROSS UNWIND ½ TURN, KICK BALL CHANGE

1-2 Cross right over left, point left to left
3-4 Cross left over right, point right to right
5-6 Cross right over left, unwind ½ turn left(keeping weight onto left)
7&8 Kick right forward, step right down, step left in place with right

SIDE, BEHIND, SHUFFLE ¼ TURN RIGHT, STEP PIVOT, SHUFFLE ¼ TURN RIGHT

1-2 Step right to right, step left behind right
3&4 Shuffle ¼ turn right stepping right-left-right
5-6 Step left forward, pivot ½ turn right
7&8 Shuffle ¼ turn right stepping left-right-left

CROSS ROCK, CHASSE RIGHT, CROSS ROCK, CHASSE ¼ TURN LEFT

1-2 Cross rock right over left, recover on left

3&4 Step right to right, close left beside right, step right to right
5-6 Cross rock left over right, recover on right
7&8 Step left to left, close right beside left, step left into $\frac{1}{4}$ turn left
