

Lullaby

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Bill Larson (AUS) - March 2013
音樂: Lullaby - Nickelback : (CD: Here and Now - 3:24)



Weight on Left, Start 32 counts (from strong beats) just after vocals - Turning CCW

Section 1: Turn Hold, Full Turn, Step Hold, Step Paddle

1,2 turning 1/4 turn R, Step R forward (3:00) Hold
3,4 turning a full turn R, Step forward L, R (3:00)
5,6 Step L forward, Hold
7,8 Step R forward, Paddle turn 1/4 L (12:00)

Section 2: Cross Hold, Turn Turn Turn Side Behind, Step Drag

1,2 Cross/Step R over L, Hold
3 turning 1/4 turn R, Step L back (3:00)
4 turning 1/2 turn R, Step forward on R (9:00)
5,6 turning 1/4 turn R, Step L to side (12:00), Step R behind L
7,8 *** Step L to side, Drag R up to L (lifting R foot for ***)

(counts 1-8 travelling in Left direction)

Section 3: Step Drag, Back Rock, Turn Hold, Step Turn

1,2 Step R to side, Drag L up to R
3,4 Rock back on L, Recover weight onto R
5,6 with 1/4 turn L Step L forward, Hold (9:00)
7,8 Step forward on R, turning 3/4 turn L, Step onto L (12:00)

Section 4: Side Hold, Behind Side, Cross Rock, Side Cross

1,2 Step R to side, Hold
3,4 Step L behind R, Step R to side
5,6 Cross/Step L over R, Recover weight back onto R
7,8 Step L to side, Cross R over L

Section 5: Side Drag, Back Rock, Turn Step Hold, Step Pivot

1,2 Step L to side, Drag R up to L
3,4 Rock back on R, Recover weight onto L
5,6 with 1/4 turn R Step R forward, Hold (3:00)
7,8 Step L forward, Pivot 1/2 turn R (9:00)

Section 6: Step Hold, Full Turn Fwd, Fwd Rock, Full Turn Back

1,2 Step L forward, Hold
3,4 turning a full turn L, Roll / Step forward R, L (9:00)
5,6 Rock forward on R, Recover weight onto L
7,8 turning a full turn R, Roll / Step back R, L (9:00)

Section 7: Back Drag, Back Rock, Step Hold, Step Turn

1,2 Step back on R, Drag L up to R
3,4 Rock back on L, Recover weight onto R
5,6 Step L forward, Hold
7,8 Step R forward, with 1/4 turn L Step L to side (12:00)

Section 8: Back Rock, Side Drag, Back Rock, Turn, Turn

1,2 Rock back on R, Recover weight onto L

3,4 Step R to side, Drag L up to R
5,6 Rock back on L, Recover weight onto R
7 Step L to side with 1/4 turn R (3:00)
8 turning 1/4 R Hitch R knee (6:00)

Tag: 8 Counts After wall 4 (now facing 6:00)

1,2,3,4 turning 1/4 turn R, Step R forward (9:00) Hold, Step L forward, Pivot 1/2 turn R (300)
5,6,7,8 Step forward L, R, Recover back on L, turning 1/4 R Hitch R knee (6:00)

Restart: 16 counts On wall 3 (facing 12:00)

Dance Sections 1 & 2 * then Restart the dance**

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