

This (linedance)

拍數: 48 牆數: 2 級數: Improver
編舞者: Caroline Cooper (UK) - June 2013
音樂: This - Darius Rucker



Intro - 32 Counts

SECTION 1: SIDE ROCK, RECOVER, CLOSE, SIDE ROCK, RECOVER, SAILOR STEP, SAILOR STEP ¼ TURN RIGHT

1-2 Rock right to right side, recover to le
&3-4 Step right beside left, rock left to left side, recover to
5&6 Step left behind right, step right to right side, step left to left side sweeping right back
7&8 Step right behind left, step left to left side making 1/4 turn right, step right forward

SECTION 2: CHASSE LEFT, BACK ROCK, RECOVER, HEEL BALL CROSS, SIDE MAMBO, TOUCH

1&2 Step left to left side, close right beside left, step left to left side
3-4 Rock back on right, recover to left
5&6 Tap right heel diagonally forward, step right beside left, cross left over right
7&8 Rock right to right side, replace weight to left, touch right beside left

SECTION 3: KICK BALL STEP, HEEL SWITCHES, UNWIND 1/2, SAMBA STEP

1&2 Kick right forward, step right beside left, step forward left
3&4 Dig right heel forward, close right beside left, dig left heel forward
5-6 Touch left toe behind, unwind ½ turn left taking weight onto left
7&8 Cross right over left, rock left to left side, recover to right

SECTION 4: CROSS, ¼ TURN LEFT, SHUFFLE FORWARD, STEP ½ TURN LEFT, RIGHT SIDE MAMBO

1-2 Cross left over right, make ¼ left stepping back on right, (keeping weight right)
3&4 Step forward left, bring right up to left, step forward left
5-6 Step forward on right, pivot ½ turn left
7&8 Step right to right side, recover weight on to left, close right beside left

SECTION 5: RUMBA BOX, SHUFFLE BACK, RIGHT COASTER STEP

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

SECTION 6: ROCK FORWARD, RECOVER, SHUFFLE ½ TURN LEFT, SIDE ROCK CROSS X 2

1-2 Rock forward on left, recover to right
3&4 Make ½ turn left stepping forward on left, close right beside left, step forward on left
5&6 Rock right to right side, recover to left, cross right over left
7&8 Rock left to left side, recover to right, cross left over right

This dance has one re-start on wall 3 (12:00) on count 7&8 make a ½ sailor turn, and touch right next to left then re-start the dance at (6:00)

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