

Same Ol' Bull

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Leonard Hage (NL) - October 2013
音樂: Same Ol' Bull - Colby Yates : (CD: Right Amount Of Renegade)



16 count intro

Section 1: SIDE STEP, TOGETHER, BOX STEP, FORWARD ROCK/RECOVER, COASTER STEP

1-2-3&4 Step Right side, step Left together, step Right side, step Left together, step Right forward
5-6-7&8 Left rock forward, recover onto Right, step back on Left, step Right beside Left, step Left forward

Section 2: STEP FORWARD, PIVOT 1/4 TURN, CROSS SHUFFLE, 1/4 TURN RIGHT, 1/4 TURN RIGHT, KICK-BALL-CHANGE

1-2-3&4 Right step forward, 1/4 turn left pivot, cross Right over Left, Left step side, cross Right over Left [9.00]
5-6-7&8 Turn 1/4 right stepping back on Left, 1/4 turn right stepping Right to right side, kick Left forward, step down on ball of Left, step Right forward [3.00]

Section 3: FORWARD ROCK/RECOVER, 1/2 SHUFFLE TURN, SIDE ROCK/RECOVER, BEHIND-SIDE-CROSS

1-2-3&4 Rock forward on Left, recover onto Right, 1/4 stepping Left to left side, step Right next to Left, 1/4 left stepping forward on Left [9.00]
5-6-7&8 Rock Right to right side, recover onto Left, cross Right behind Left, step Left to left side, cross Right over Left

Section 4: SIDE ROCK/RECOVER, SAILOR 1/4 TURN LEFT, JAZZ BOX

1-2-3&4 Rock Left to left side, recover onto Right, step Left behind Right, 1/4 turn left step Right next Left, step forward on Left [6.00]
5-8 Cross Right over Left, step Left back, step Right side, step left forward

Section 5: CROSS ROCK/RECOVER, CHASSE RIGHT, CROSS ROCK/RECOVER, 1/4 CHASSE LEFT

1-2-3&4 Cross Right over left, rock weight back onto Left, step Right to right side, step Left next to Right, step Right to right side
5-6-7&8 Cross Left over Right, rock weight back onto Right, 1/4 turn left step Left to left side, step Right next to Left, step Left to left side [3.00]

Section 6: FORWARD ROCK/RECOVER, LOCKSTEP BACK, TAP BEHIND, 1/2 TURN, SHUFFLE FORWARD

1-2-3&4 Rock forward on Right, recover onto Left, step Right back, step Left back cross stepping over Right, step Right back
5-6-7&8 Tap Left behind Right, unwind 1/2 turn left (weight on Left), step forward on Right, step Left next Right, step Right forward [9.00]

Section 7: SIDE STEP, TOGETHER, BOX STEP, FORWARD ROCK/RECOVER, COASTER STEP

1-2-3&4 Step Left side, step Right together, step Left side, step Right together, step Left forward
5-6-7&8 Right rock forward, recover onto Left, step back on Right, step Left beside Right, step Right forward

Section 8: STEP PIVOT 1/2 TURN RIGHT, SHUFFLE FORWARD, FULL TURN, KICK-BALL-STEP

1-2-3&4 Step forward on Left, pivot 1/2 turn right, step forward on Left, step Right next Left, step Left forward
5-6-7&8 Turn 1/2 left step back on Right, turn 1/2 left step forward on left, kick Right forward, step Right next to Left, step Left forward [3.00]

START AGAIN

BRIDGE: After 3rd. wall (facing 9 o'clock) add the following steps and restart the dance (9.00)

Rock forward/Recover, Back step, Hold, Rock back/Recover, Forward step, Hold

1-4 Rock Right forward, recover on Left, step back on Right, hold

5-8 Rock back on Left, recover on Right, step forward on Left, hold

ENDING: At the end of the dance (facing 3 o'clock): Right step forward, pivot 1/4 turn left to front wall.
