

Cannonball

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Dee Musk (UK) - March 2014
音樂: Cannonball - Lea Michele : (Album: Louder)



16 Count Intro. Approx 10 seconds - [Track approx 3 mins 37 secs - iTunes]

Cross Sweep, Cross Rock, Side Rock, Back Sweep x 3, Sailor ¼ Turn L Cross, Ball Cross.

- 1 Cross step L over R and sweep R from behind to in front of L.
- 2&3& Cross rock R over L, recover weight to L, rock R to R side, recover weight to L.
- 4-6 Step R behind L sweeping L to behind R, step L behind R sweeping R to behind L, step R behind L sweeping L to behind R.
- 7&8 Making a ¼ turn L step L behind R, step R to R side, cross L over R.
- &1 Step R to R side, cross L over R. (9 o'clock).

½ Turn R with Cross, Rock & Cross, Side Together, Cross, Side Touch, Side Touch.

- 2 On ball of L make a ½ turn R crossing R over L.
- 3&4 Rock L to L side, recover weight to R, cross L over R.
- &5 Step R to R side, close L beside R.
- 6 Cross R over L.
- 7&8& Step L to L side, touch R beside L, step R to R side, touch L beside R. (3 o'clock).

Side Touch Side, Behind Side Cross, Unwind ½ Turn R, Back, Coaster Step.

- 1&2 Step L to L side, touch R beside L, step R to R side.
- 3&4 Cross L behind R, step R to R side, cross L over R.
- 5,6 Unwind ½ Turn R, step back on R.
- 7&8 Step back on L, close R beside L, step forward on L. (9 o'clock).

Out Out, Twist ¼ Turn L, Back Touch ¼ Turn R, Cross Point, Sailor ½ Turn Cross R.

- &1 Step R out to R side, step L out to L side.
- 2 Twist both feet a ¼ turn L (weight back on R).
- 3&4 Step back on L, touch R toe back, twist a ¼ turn R (weight on R).
- 5,6 Cross L over R, touch R toe out to R side.
- 7&8 Making a ½ turn R step R behind L, step L to L side, cross R over L. (3 o'clock).

Ball Cross ¼ Turn R, Back, Coaster Step, Walk L, R, Ball Cross ¼ Turn R.

- &1 Making a ¼ turn R step back on L, cross R over L.
- 2 Step back on L.
- 3&4 Step back on R, close L beside R, step forward on R.
- 5,6 Walk forward L, R.
- &7,8 Step L beside R, make a ¼ turn R cross R over L, make a ¼ turn R stepping L back. (12 o'clock).

¼ Turn R Cross, Rock & Cross, Rock & Cross, Side Behind ¼ Turn R, Step ½ Turn R.

- &1 Make a ¼ turn R stepping R to R side, cross L over R.
- 2&3 Rock R to R side, recover weight to L, cross R over L.
- 4&5 Rock L to L side, recover weight to R, cross L over R.
- 6&7 Step R to R side, cross step L behind R, make a ¼ turn R stepping forward on R.
- 8& Step forward on L, make a ½ turn R. (Restart from here during wall 2.) (12 o'clock).

Walk L, R, L, Anchor Step, ½ Turn L, Rock Recover, ½ Turn R.

- 1-3 Walk L, Walk R, Walk L.

4&5 Step right behind left and rock back, recover weight to left, rock back on right.
6,7,8 Make a ½ turn L stepping forward on L, rock forward on R, recover weight to L.
1 Make a ½ turn R stepping forward on R. (12 o'clock).

Step ½ Turn Step R, Step ½ Turn Step L, Step ½ Turn R, Step Lock.

2&3 Step forward on L, make a ½ turn R, step forward on L.
4&5 Step forward on R, make a ½ turn L, step forward on R.
6,7 Step forward on L, make a ½ turn R.
8& Step forward on L, cross lock R behind L. (6 o'clock).

Restart during wall 2 – dance up to count 48 then begin again facing 6 o'clock wall.

Contact: deemusk@btinternet.com Dee – 07814 295470
