

Get the News

Count: 80

Wand: 2

Ebene: Low Intermediate

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Musik: NEWS - Loi



[1-8] HEEL GRIND WEAVE, ROCKING CHAIR (on diagonal)

- 1-4 Grind R heel across L (1), Step L to L (2), Step R behind L (3), Step L side as open body to diagonal (4)
5-8 Rock R fwd (5), Recover back L (6), Rock R back (7), Recover fwd L (8) (11:30)

[9-16] CROSS POINT, CROSS FLICK, 3/8 R Turn JAZZ BOX CROSS

- 1-4 Cross R over L (1), Point L to side (2), Cross L over R (3), Flick R foot to rt side (4)
5-6 Cross R over L (5), Turn 1/8 rt step L back (6)
7-8 Turn 1/4 rt step R to side (7), Cross L over Rt (8) (3:00)

[17-24] STEP TOUCH, STEP TOUCH, RT SAILOR, STEP BEHIND

- 1-4 Step R to side (1), Touch L to L side (2), Transfer wt to L (3), Touch R to side (4)
(option: body roll Rt, body roll L)
5-8 Step R behind L (5), Step L to left (6), Step R to rt (7), Step L behind R (8)
(hint: count 8 is the start of another sailor with 1/4 rt turn of counts 1,2 in next set)

[25-32] STEP OUT & 1/4 R TURN, BACK L, BACK R, HOLD, ROCK RECOVER, ROCK RECOVER

- 1-4 Step R to rt as you pivot 1/4 rt (wt rt) (1), Step L back (2), Step R back (3), Hold (4) (6:00)
5-8 Rock L back (5), Recover fwd on R (6), Rock back on L (7), Recover fwd on R (8)

[33-40] 3/4 TRIPLE BOX, 1/4 TURN BACK ROCK, RECOVER FWD

- 1&2 Turn 1/4 rt step L to side (1), Step R next L (&), Step L to side (2) (9:00)
3&4 Turn 1/4 rt step R to side (3), Step L next to R (&), Step R to side (4) (12:00)
5&6 Turn 1/4 rt step L to side (5), Step R next to L (&), Step L to side (6) (3:00)
7-8 Turn 1/4 rt rock back R (7), Recover L fwd (8) (6:00)

[41-48] CROSS POINT, CROSS POINT, JAZZ BOX TOUCH

- 1-4 Cross R over L (1), Point L to left (2), Cross L over R (3), Point R to rt (4)
5-8 Cross R over L (5), Step L back (6), Step R to rt (7), Touch L next to R (8)

[49-56] STEP SIDE DRAG, BACK ROCK, RECOVER, HEELS, TOES, HEELS, HOLD

- 1-4 Big L step to left (1), Drag R to L (2), Rock R back (3), Recover L fwd (4)
5-8 Step R side as twist both heels to rt (5), Twist toes to rt (6), Twist heels to rt (7), Hold (8)

[57-64] HEELS, TOES, HEELS, HOLD, STEP BACK, TOUCH, STEP BACK, TOUCH

- 1-4 Twist both heels to left (1), Twist toes to left (2), Twist heels to left (wt on L) (3), Hold (4)
5-8 Step R back (5), Touch L toe slightly fwd (6), Step L back (7), Touch R toe slightly fwd (8)

**** (restart happens here) ** wall 4**

[65-72] HEEL GRIND WEAVE, DIP & DIP WEIGHT

- 1-4 Grind R heel across L (1), Step L to L side (2), Step R behind L (3), Step L to left (4)
5-6 Keeping wt on L turn R knee into left knee (5), Turn R knee out (6)
7-8 Turn R knee into left knee (7), Turn R knee out as you take wt on R (8)

[73-80] HEEL GRIND WEAVE, HOP FWD, HOLD, KNEE POPS

- 1-4 Grind L heel across R (1), Step R to rt side (2), Step L behind R (3), Step R to rt (4)
&5-6 Hop L fwd (&), Hop R fwd (5), Hold (6)
&7 Lift both heels & bend knees (&), Drop both heels & straighten knees (7)

&8 Lift both heels & bend knees (&), Drop both heels & straighten knees wt on L (8)

**** RESTART – Happens on wall 4 – you will dance 64 counts and then restart at 12:00**
