These Ramblin' Shoes

级数: Easy Intermediate

编舞者: Cheryl Hosking (AUS) - August 2015

音乐: Lonesome but Free - Troy Cassar-Daley : (Album: Born To Survive)

Start Position: Feet together - with weight on L foot. Starts on vocals – 32 counts in. Rotation: Anti-clockwise.

- 1,2 Step R to R side, touch L beside R,
- 3,4 Step L to L side, touch R beside L,
- 5,6,7 Slow forward coaster step step R forward, step L beside R, step R back,
- 8 Touch L beside R,

拍数: 64

- 1,2 Step L to L side, touch R beside L,
- 3,4 Step R to R side, touch L beside R,
- 5,6,7 Slow backward coaster step step L back, step R beside L, step L forward,
- 8 Scuff R forward,
- 1,2 Step/rock R forward, rock/replace weight back on L,
- 3,4 Turning 180 degrees R step R forward, hold for one count,
- 5,6,7,8 Travelling forward turning 360 degrees (full turn) R stepping L, R, L, touch R beside L,
- 1,2,3,4 Step/rock R to R side, rock/replace weight on L, step R over L, hold for one count,
- 5,6 Step/rock L to L side, turning 90 degrees R step R forward,
- 7,8 ** Step L forward, touch R beside L,**

** BRIDGE - On wall 6 only add the following and then continue on with the dance**

1,2,3,4 Step R to R side, touch L beside R, step L to L side, touch R beside L

- 1,2 Step R to R side, step L behind R,
- 3,4 Step/rock R to R side, rock/replace weight onto L,
- 5 .6 Step R behind L, step L to L side,
- 7,8 R heel strut forward touch R heel forward, drop weight onto R foot,
- 1,2 L heel strut forward touch L heel forward, drop weight onto L foot,
- 3,4 Turning 90 degrees L step R to R side, step L beside R,
- 5,6 R toe/heel strut back step R toe back, drop weight onto R heel,
- 7,8 Step/rock L behind R, rock/replace weight forward on R,
- 1,2 L toe/heel strut to L side step L toe to L side, drop weight onto L heel,
- 3,4 Step/rock R behind L, rock/replace weight forward on L,
- 5,6 Step R forward, pivot 180 degrees L weight on L,
- 7,8 Step R forward, pivot 90 degrees L weight on L,
- 1,2,3,4 Slow forward coaster step step R forward, step L beside R, step R back, hold,
- 5,6,7,8 Slow backward coaster step step L back, step R beside L, step L forward, hold.

REPEAT DANCE IN NEW DIRECTION

Bridge: \Box ** During wall 6 - dance the first 32 counts - add the 4 count bridge and continue on with the dance from count 33.





墙数:4