X Box Of Love

拍数: 32

级数: Improver / Intermediate

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音乐: The Austerity of Love - Paul Heaton & Jacqui Abbott : (iTunes)

Section one: RHUMBA BOXES – RIGHT TOGETHER FORWARD, LEFT TOGETHER BACK, RIGHT TOGETHER BACK, LEFT TOGETHER FORWARD.

- 1&2 (Weight on left) step right to right side, close left next to right, step forward on right.
- 3&4 Step left to left side, close right next to left, step back on left.
- 5&6 step right to right side, close left next to right, step back on right.
- 7&8 step left to left side, close right next to left, step forward on left. (Facing 12)

Section Two: RIGHT LOCK RIGHT, MAMBO QUARTER TURN (TIMES TWO!)

- 1&2 Step forward on right, lock left behind right, step forward on right.
- 3&4 cross rock left over right, recover weight on right, make a quarter turn left stepping on to left foot. (to face 9)
- 5&6 repeat 1&2
- 7&8 repeat 3&4 (now facing 6)

Section three: WEAVE LEFT, CROSS ROCK SIDE, WEAVE RIGHT, CROSS ROCK SIDE.

- 1&2& cross right over left, step to left, cross right behind left, step to left
- 3&4 cross rock right over left, recover on left, step out to right side.
- 5&6& cross left over right, step to right side, cross left behind right, step to right side
- 7&8 cross rock left over right, recover on right, step to left side. (still facing 6)

Section four: SAILOR STEP, SAILOR STEP, PIVOT HALF, PIVOT HALF.

- 1&2 cross right behind left, rock out to left side, step out to right side.
- 3&4 cross left behind right, rock out to right side, step out to left side
- 5,6,7,8, step forward on right, make a half turn left, step forward on right, make a half turn left. (two pivot half turns) (still facing 6)

Note: The above 32 counts are done on EVERY WALL.

X BOX TURNING SECTION - Danced either twice or four times at the end of each wall!

STEP TAP, BACK KICK, BEHIND SIDE CROSS

1&2&3&4 Step forward towards the right diagonal, tap left behind right, step back on left, kick right foot to right corner, cross right behind left, step to left side, cross right over left and turn to left diagonal (the first time you do this X box you will be facing 6 oclock at the end of the first wall!

STEP TAP, BACK KICK, BEHIND QUARTER STEP (MAKING A QUARTER TURN RIGHT)

5&6&7&8 Step forward towards the left diagonal, tap right behind left, step back on right, kick left foot to left corner, cross left behind right, make a quarter turn right stepping forward on the right, step forward on the left.

Sequence: Wall 1 – Dance X box twice to face 12 – tag. Restart dance facing 12.

- Wall 2 Dance X box four times to go all the way around the room to face 6.
- Wall 3 Dance X box twice to face back wall tag. Restart dance facing 6.
- Wall 4 Dance x box four times to go all the way around the room to face 12.
- Wall 5 Dance x box twice to face 12 Tag. Restart facing 12
- Wall 6 Dance x box four times to face 6 pivot half turn to 12 for a nice neat ending!

TAG: TWO PIVOT HALF TURNS – this happens at the end of wall one after you have done 'two' X BOX TURNS TO FACE 12.

It's an easy dance really - the music tells you when to put the tag in and Restart the dance - enjoy!





墙数:2