

Long Way From Waylon

拍数: 52 墙数: 4 级数: High Beginner
编舞者: Rudy Honing (NL) & Wesley F. Wessels (NL) - June 2016
音乐: Long Way from Waylon - Meghan Patrick



S1: CHASSE, ROCK STEP, CHASSE, ROCK STEP

1&2 Step RF to right side, LF beside RF, Step RF to right side.
3-4 Rock LF behind RF, recover onto RF.
5&6 Step LF to right side, RF beside LF, Step LF to right side.
7-8 Rock RF behind LF, recover onto LF.

S2: SHUFFLE, PIVOT TURN, KICK-BALL-CHANGE, STEP, TOUCH

1&2 Step RF forward, LF beside RF, step RF forward.
3-4 Step LF forward, make ½ turn right.
5&6 Kick LF forward, step RF in place, LF beside RF.
7-8 Step LF forward, step RF beside LF.

S3: SWIVELS – CLAP 2 X

1-2-3-4 Moving left, swivel both heels left, both toes left, both heels left, clap.
5-6-7-8 Moving right, swivel both heels right, both toes right, both heels right, clap.

S4: ¼ MONTEREY TURNS right 2 x

1-2 Touch R out to side, turn ¼ to right and place RF beside LF.
3-4 Touch L out to side, place LF beside RF.
5-6 Touch R out to side, turn ¼ to right and place RF beside LF.
7-8 Touch L out to side, place LF beside RF.

S5: HEEL SWITCHES, STEP, TOUCH, HEEL SWITCHES, STEP, TOUCH

1&2 Press heel of RF forward, replace RF beside LF, press heel LF forward.
&3-4 Replace LF beside RF, step RF forward, touch L toe beside RF.
5&6 Press heel of LF forward, replace LF beside RF, press heel RF forward.
&7-8 Replace RF beside LF, step LF forward, touch R toe beside LF.

S6: FIGURE 8, ENDING ¼ TURN

1-2 Step RF to right side, cross LF behind RF.
3-4 Make ¼ turn right with RF, step LF forward.
5-6 ¾ turn right placing weight onto RF, step LF to left side.
7-8 Cross RF behind LF, make ¼ turn left stepping LF forward .

S7: ROCKING CHAIR

1-2 Rock RF forward, recover onto LF.
3-4 Rock RF back, recover onto LF.

And start the dance again...Have Fun!!

Restart: In Wall 4 dance until the end of section 5 and Restart the dance.

Last Update - 9th June 2016