拍数： 32
壇数： 4
级数：Intermediate
编舞者：Larry Schmidt（USA）－September 2017
音乐：Unsteady－X Ambassadors


INTRODUCTION：Start immediately on 1st beat of music．<br>Description of 1 st 32 cts ．of intro．given for every $1 / 2$ beat．<br>Last 8 cts of intro．are slow－step on the heavy beats．<br>Wt．on Right．No Tags or Restarts<br>i［1－8］TRIPLE FORWARD， $1 / 4$ SWEEP，CROSS，SIDE，BEHIND，SWEEP，BEHIND，SIDE，CROSS，HOLD， SIDE ROCK， $1 / 4$ PIVOT，STEP，HOLD<br>1\＆2\＆Triple forward L－R－L，Sweep right toes left making $1 / 4$ turn，（9：00）<br>$3 \& 4 \& \quad$ Step right across left，Step left foot left，Step right behind left，Sweep left toes behind right，<br>5\＆6\＆Step left behind right，Step right foot right，Step left across right，Hold，<br>7\＆8\＆Rock right onto right，Recover weight to left making $1 / 4$ turn left，Step right forward，Hold．（6：00）

i［9－16］TRIPLE FORWARD，HOLD，ROCK，RECOVER，½ TURN，HOLD，FULL TURN TRIPLE，HOLD， ROCK，RECOVER，SIDE
1\＆2\＆Triple forward L－R－L，Hold，
3\＆4\＆Rock forward onto right，Recover weight to left，Turn $1 / 2$ right onto right，Hold，（12：00）
5\＆6\＆Triple forward making a full right turn L－R－L，Hold（12：00）
$7 \& 8 \quad$ Rock forward onto right，Recover weight to left，Step right foot right．
i［17－32］REPEAT COUNTS 1－16 adding a final \＆count
Dance thru count $15 \&$（Rock forward onto right，Recover weight to left）then do：
8\＆Step right foot right（16），Hold（\＆）
i［33－40］CROSS，POINT，CROSS，POINT，POINT，POINT，POINT，STEP
1，2 Step left across right，Point right toes to right diagonal，
3，4 Step right across left，Point left toes to left diagonal，
5， $6 \quad$ Point left toes across right，Step left foot left，
7， $8 \quad$ Point right toes across left，Step right foot right．
（ The music changes for these 8 counts．It＇s much slower．The steps and points occur on the heavy beats of the music）

MAIN DANCE（Wt．on right）
［1－8］ROCK，RECOVER，SYNCOPATED WEAVE LEFT，ROCK，RECOVER，SYNCOPATED WEAVE RIGHT w／ $1 / 4$ TURN
1，2 Rock forward onto left foot，Recover weight to right，
\＆3\＆4\＆Step left foot left，Step right across left，Step left foot left，Step right behind left，Step left foot left，
5， $6 \quad$ Rock right foot across left，Recover weight to left，
\＆7\＆8\＆Step right foot right，Step left across right，Step right foot right，Step left behind right，Turn $1 / 4$ right stepping forward onto right．（3：00）
［9－16］STEP， $1 ⁄ 2$ PIVOT，PADDLE $1 ⁄ 2$ TURN，BACK，CROSS，BACK，CROSS，BACK，BACK，CROSS，BACK， TOUCH
1,2 Step left foot forward，Pivot $1 / 2$ right onto right，（9：00）
3\＆4\＆Rock left onto left，Recover weight to right while making $1 / 4$ turn right，Turn $1 / 4$ right stepping back onto left，Step right foot back．（3：00）
（For counts $3 \& 4$ can substitute a $1 / 2$ turning triple）
5\＆6\＆Step left across right，Step right foot back，Step left across right，Step right foot back，
7\＆8\＆Step left foot back，Step right across left，Step left foot back，Touch right toes next to left．
[17-24] STEP, TOUCH w/ 1⁄4 TURN, STEP w/ $1 / 4$ TURN, $1 / 2$ TURN, $1 / 2$ TURN, STEP, STEP, $1 / 4$ TURN, $1 / 4$ TURN, SIDE, BEHIND SIDE, CROSS
1,2 Step right foot forward, Turn $1 / 4$ right touching left toes left, (prepping for left turn) (6:00)
3\&4\& Turn $1 / 4$ left onto left, Turn $1 / 2$ left stepping back onto right, Turn $1 / 2$ left stepping forward onto left, Step right foot forward, (3:00)
5\&6\& Step left foot across right toward right diagonal, turn $1 / 4$ left stepping back onto right, Turn $1 / 4$ left stepping forward onto left, Step right foot right,(9:00)
(For counts 5\&6\&, don't make this a tight circle, think of going around about a 4 foot circle)
$7 \& 8 \quad$ Step left behind right, Step right foot right, Step left foot across right.
[25-32] SIDE ROCK, ¼ PIVOT, STEP, $1 / 4$ PIVOT, CROSS, SIDE, CROSS, SIDE, ROCK, RECOVER, SIDE, ROCK, RECOVER, SIDE, SWAY LEFT, SWAY RIGHT
1\&2\& Rock right onto right, Turn $1 / 4$ left onto left, Step right foot forward, Pivot $1 / 4$ left onto left, (3:00)
3\&4\& Step right across left, Step left foot left, Step right across left, Step left foot left,
5\&6\&7 Rock right behind left, Recover weight to left, Step right foot right, Rock left behind right, Recover weight to right,
\&8 Step left foot left swaying hips left, Sway right hips right.
ENDING: The last repetition of the dance starts facing 12:00. Dance thru count 15 , you will now be facing 3:00.
On count 16 turn to face 12:00 taking a long step left.

## ENJOY!

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