

Dance After Dance

拍数: 32 墙数: 4 级数: Improver
编舞者: Chrystel DURAND (FR) - October 2017
音乐: One Two Step at a Time - Aaron Watson : (Album: Vaquero)



Intro : 4 x 8 counts

[1-8] ROCK BACK, SHUFFLE WITH 1/2 TURN, ROCK BACK, SHUFFLE FORWARD

1-2 Rock right step back, recover on left
3&4 1/4 turn left and right step on right side, left next to right, 1/4 turn left and right step back - 6.00
5-6 Rock left step back, recover on right
7&8 Chassé forward (LRL)

Restart 1 (face at 12.00) and restart 3 face at 6.00

[9-16] WALK RIGHT AND LEFT FWD, KICK BALL SIDE POINT, WALK LEFT AND RIGHT BACK, SAILOR 1/4 TURN LEFT

1-2 Walk right forward, walk left forward
3&4 Right kick forward, right next to left, left point on left side
5-6 Walk left back, walk right back
7&8 Left step back, 1/4 turn left and right next to left, left step forward - 3.00

[17-24] RIGHT ROCK FORWARD, COASTER STEP, HEEL & TOE & HEEL & TOE, BALL RIGHT

1-2 Rock right step forward, recover on left
3&4 Right step back, left next to right, right step forward
5&6& Left heel forward, left next to right, right point back, right next to left
7&8& Right heel forward, left next to right, right point back, right next to left

Restart 2 (remove the last &)face at 9.00

[25-32] CROSS, 1/4 TURN, SHUFFLE WITH 1/2 TURN, STEP FWD, 1/4 TURN LEFT, CROSS, SIDE

1-2 Cross left over right, 1/4 turn left and right step back - 12.00
3&4 1/4 turn left and left step on left side, right next to left, 1/4 turn left and left step forward - 6.00
5-6 Right step forward, 1/4 turn left (weight on left) - 3.00
7-8 Cross right over left, left on left side

Restarts :-

- on wall 3 and 8, dance the first 8 counts and restart the dance from the beginning
- on wall 6, dance the first 24 counts (remove the last &) and restart the dance

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