Point of No Return



编舞者: Joel Cormery (FR) - January 2020

音乐: Point of No Return (feat. Sam Riggs) - Sarah Hobbs



Intro: 2x8

[1-8] ROCK STEP, SHUFFLE 1/2 TURN R, STEP L, 1/4 TURN R, SAILOR STEP

1-2 RF forward, recover body weight LF,

3&4 1/4 turn R RF to R, LF to side RF, 1/4 turn R RF forward (6H)

5-6 LF forward, 1/4 turn R (body weight to R) 9H

7&8 LF behind RF, RF to R, LF in place

[9-16] BEHIND, 1/4 TURN L, STEP LOCK STEP, ROCK STEP, COASTER STEP

1-2 RF behind LF, 1/4 turn L LF forward (6H)
3&4 RF forward,LF behind RF, Rf forward
5-6 LF forward, recover body weight RF
7&8 Step back LF, RF to side LF,LF forward

Restart here on the 8th wall facing 3H

[17-24] ROCK STEP, 1/4 CHASSE R, CROSS, SIDE, BEHIND & HEEL

1-2 RF forward,recover body weight LF,

3&4 1/4 turn R RF to R, LF to side RF, RF to R

5-6 LF crossed in front of RF , RF to R

7&8 LF behind RF, RF to side LF, heel L in diagonal L (7H30)

[25-32] &, ROCK STEP, SHUFFLE R 3/8 TURN R, PIVOT 1/4 R SIDE, RECOVER, BEHIND SIDE STEP

LF to side RF, RF forward in diagonal L, recover body weight LF, 1/8 turn to R RF to R, LF to side RF, 1/4 turn R Rf forward, (12H) based on RF pivot 1/4 turn R LF to L, recover body weight RF, (3H)

7&8 LF behind RF ,RF to side R, LF forward

FINAL on the 11th wall facing 6H on the counts & 1-2 of the 4th section do & STEP R, pivot 3/8 TURN L

Dancing is like speaking in silence. It says a lot without speaking a word. http://joelcormery.wixsite.com/joel