拍数： 32
壇数： 4
级数：High Beginner
编舞者：Stephen Paterson（AUS）－November 2021
音乐：When You Danced With Me－ABBA ：（Album：Voyage）

Start dance after 32 count instrumental intro
I wrote this dance for my beginners to practice their Coasters，Shuffles and Sailors，enjoy．
［1－8］Walk Right，Left，Right Mambo Rock，Walk Back Left，Right，Left Coaster
12 Step right forward，step left forward，
3 \＆ 4 Rock step right forward，recover back onto left in place（\＆）step right back（right mambo）
56 Step left back，step right back
7 \＆ $8 \quad$ Step left back，step right beside left（\＆），step left forward（left coaster） 12.00
［9－16］Step，Pivot Quarter，Cross Shuffle，Side Rock，Recover，Behind，Side，Cross
12 Step right forward，pivot $1 / 4$ left taking weight onto left in place 9.00
$3 \& 4 \quad$ Step right across left，step left slightly out to side（\＆），step right across left（cross shuffle）
56 Rock step left out to side，recover weight onto right in place
7 \＆ $8 \quad$ Step left behind right，step right out to side（\＆），step left across right 9.00
［17－24］Side Rock，Recover，Right Sailor，Left Sailor，Right Coaster
12 Rock step right out to side，recover weight onto left in place
3 \＆ 4 Step right behind left，step left out to side（\＆），step right in place（right sailor）＊
5 \＆ 6 Step left behind right，step right out to side（ $\&$ ），step left in place（left sailor）＊
7 \＆ $8 \quad$ Step right back，step left beside right（\＆），step right forward（right coaster 9.00
＊these sailors travel slightly backwards
［25－32］Forward Rock，Recover，Half Shuffle，Right Rocking Chair
12 Rock step left forward，recover weight back onto right in place
3 \＆ $4 \quad$ Turn $1 / 4$ left then step left out to side，step right beside left（ $\&$ ），turn $1 / 4$ left then step left forward
56 Rock step right forward，recover weight back onto left in place
78 Rock step right back，recover weight forward onto left in place（right rocking chair 3.00
（turning option for 5－8 is two step half pivots）
TAGS：After wall 2 and 5 （facing 6 o＇clock and 3 o＇clock）add the following 2 counts：
12 Rock step right forward，jump back recovering weight onto left in place lifting right
ENDING：On last wall，（wall 7，starting at 6．00）dance up to count 12 then turn quarter left stomping forward left

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