## Sand in My Boots

拍数： 32 墙数： 4
级数：High Beginner
编舞者：Jamie Sweet（USA）－March 2022
音乐：Sand In My Boots－Morgan Wallen

## \＃1 restart and 2 tags

ROCK R FORWARD，RECOVER，TRIPLE $1 ⁄ 2$ TURN（X2）
1，2 Rock $R$ forward，Recover weight to Left
$3 \& 4 \quad 1 / 4$ Turn right stepping right to right side， $1 / 4$ turn right stepping left next to right，step forward on right（shuffle $1 / 2$ turn right）
5，6 Rock L forward，Recover weight to Right
$7 \& 8 \quad 1 / 4$ Turn left stepping left to left side， $1 / 4$ turn left stepping right next to left，step forward on left （shuffle $1 / 2$ turn left）

SKATE FORWARD R，L，TRIPLE，SKATE FORWARD L，R，TRIPLE
1，2 Slide $R$ foot forward and slightly to side in small curve and put weight on the right foot（1） Slide L foot forward and slightly to side in small curve and put weight on the left foot（2）
3\＆4 Step $R$ forward，step $L$ together，step $R$ forward
5，6 Slide $L$ foot forward and slightly to side in small curve and put weight on the left foot（5）Slide R foot forward and slightly to side in small curve and put weight on the right foot（6）
7\＆8 Step L forward，step R together，step L forward

CROSS ROCK，TRIPLE $1 / 4$ TURN， $1 ⁄ 2$ TURN， $1 ⁄ 2$ TURN，TRIPLE
1，2 Cross R over Left，Recover weight to Right
$3 \& 4 \quad 1 / 4$ Turn $R$ stepping $R$ forward，step $L$ together，step $R$ forward
$5,6 \quad 1 / 2$ Turn stepping back on Left， $1 / 2$ turn stepping forward on Right
$7 \& 8 \quad$ Step L forward，step R together，step L forward
（Alternate steps for count 5,6 walk Left，walk Right）
ROCK，RECOVER，SWEEP RF，SWEEP LF，ROCK STEP
1，2 Rock $R$ forward，Recover weight to Left
3 Point right toe out and around from back to front，Step R
$4 \quad$ Point left toe out and around from back to front，Step L
5，6 Rock Step back on Right，Rock Forward onto Left
RESTART here during wall 83 o＇clock
7，8 Rock Step back on Right，Rock Forward onto Left
TAG \＃1－After wall 1 （at end of dance）add this 2－count tag－ 3 o＇clock wall
1－2 Rock Step back on Right，Rock Forward onto Left
TAG \＃2－After wall 2 （at end of dance）add this 2－count tag－ 6 o＇clock wall
1－2
Rock Step back on Right，Rock Forward onto Left
RESTART on wall 8，do first 30 counts of dance，leave off count 31 \＆ 32 then RESTART

