

Natural

拍数: 32 墙数: 4 级数: Improver
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音乐: Natural - BRELAND



Intro : 32 counts.

[1-8] CHASSÉ to R, ROCK BACK, RECOVER, 2X (HEEL-TOGETHER-CROSS)

1&2 Chassé to right with RLR
3-4 Rock back on L, recover on R
5&6 Heel L diagonally to left, step L together R, cross step R over L
7&8 Heel L diagonally to left, step L together R, cross step R over L

[9-16] CHASSÉ to L, 1/4 TURN R & ROCK BACK, RECOVER, HEEL-TOGETHER-STEP, STEP, 1/2 TURN L

1&2 Chassé to left with LRL
3-4 1/4 turn right and rock back on R, recover on L
5&6 Heel R forward, step R together L, step L forward
7-8 Step R forward, pivot 1/2 turn to left

[17-24] STEP, 1/2 TURN L, CHASSÉ to R, CROSS ROCK STEP, CHASSÉ to L

1-2 Step R forward, pivot 1/2 turn to left
3&4 Chassé to right with RLR
5-6 Rock step L cross over R, recover on R
7&8 Chassé to left with LRL

[25-32] CROSS, SIDE, BEHIND, SIDE, CROSS, ROCK SIDE, RECOVER, CHASSÉ CROSS to R

1-2 Cross step R over L, step L to left side
3&4 Cross step R behind L, step L to left side, cross step R over L
5-6 Rock L to left side, recover on R
7&8 Cross chassé to right with LRL

TAG: At the end of the 7th repetition of the dance, add these 8 counts :

[1-8] 2X (STEP, PIVOT 1/8 TURN to L), JAZZ BOX

1-4 Step R to right, pivot 1/8 turn to left, step R to right side, pivot 1/8 turn to left
5-8 Cross step R over L, step L back, step R to right side, cross step L over R

And restart the dance from the beginning.

**ENJOY AND HAVE FUN !
GUY & NANCY**

Last Update: 14 Apr 2025