Drop the Beat

拍数: 48

级数: Easy Intermediate

编舞者: Rob Fowler (ES) - February 2023

音乐: Ain't Coming Home - Casey Barnes

Intro: 16 counts from heavy beat (approx. 15 secs) S1: Side Rock R, Recover L, Cross Shuffle, Side Rock L, Recover R, L Behind, Side R, Fwd L 1.2 Rock R to R side, recover on L 3&4 Cross step R over L, step L to L side, cross step R over L 5,6 Rock L to L side, recover on R 7&8 Step L behind R, step R to R side, step forward on L [12:00] S2: Step Fwd R, Pivot ½ L, Step Fwd R, Pivot ½ L, Side Switches, R Kick Ball Change 1,2 Step forward on R, make ¹/₂ turn L (weight on L) 3,4 Step forward on R, make ¹/₂ turn L (weight on L) 5&6& Point R to R side, step R next to L, point L to L side, step L next to R 7&8 Kick R forward, step ball of R next to L, step L next to R [12:00] RESTART: During WALL 6 please RESTART here facing 9:00 S3: Rock Fwd R, Recover L, Shuffle ½ R, Step Fwd L, Pivot ¼ R, Cross L, Side R, L Heel 1.2 Rock forward on R, recover on L 3&4 Make ¹/₂ turn R stepping forward on R, step L next to R, step forward on R [6:00] Step forward on L, make 1/4 turn R (weight on R) [9:00] 5,6 Cross step L over R, step R to R side, touch L heel to L diagonal 7&8 S4: Step L, Cross R, Side L, R Sailor, Touch L, Unwind Full Turn L, Side Rock R, Recover L &1,2 Step L next to R, cross step R over L, step L to L side 3&4 Cross step R behind L, step L to L side, step R to R side 5.6 Touch L behind R, unwind a full turn L (weight on L) 7.8 Rock R to R side, recover on L [9:00] BRIDGE: During WALL 2 (facing 6:00) and WALL 4 (facing 12:00) please add the bridge below, then continue with the dance from S5 1,2,3,4 Make a full walkaround turn L stepping R, L, R, L S5: R Cross Samba, L Cross Samba, Rock Fwd R, Recover L, R Coaster 1&2 Cross step R over L, rock L out to L side, recover on R 3&4 Cross step L over R, rock R out to R side, recover on L 5,6 Rock forward on R, recover on L Step back on R, step L next to R, step forward on R [9:00] 7&8 S6: Rock Fwd L, Recover R, ½ Turn L Shuffle, Step Fwd R, Pivot ½ L, Full Turn L 1,2 Rock forward on L, recover on R

- 3&4 Make ¹/₂ turn L stepping forward on L, step R next to L, step forward on L [3:00]
- 5,6 Step forward on R, make ¹/₂ turn L (weight on L) [9:00]
- 7,8 Make ¹/₂ turn L stepping back on R, make ¹/₂ turn L stepping forward on L

Start Over





墙数:4