

The Weekend

拍数: 32 墙数: 4 级数: Beginner
编舞者: Sandra Speck (UK) - February 2023
音乐: The Weekend (Radio Edit) - Michael Gray



Music available from iTunes

INTRO 32 counts, approx. 17 seconds

WALK X 2 SHUFFLE, FORWARD ROCK, COASTER STEP

1 – 2 Walk forward right, left,
3&4 Shuffle forward right, left, right.
5 – 6 Rock forward on left, recover onto right
7&8 Step back on left, close right next to left, step forward on left.

FORWARD ROCK SHUFFLE ½, FORWARD ROCK, COASTER STEP

1 – 2 Rock forward on right, recover onto left,
3&4 Turn ¼ right stepping side on right, close left foot next to right, turn ¼ right stepping forward on right.
5 – 6 Rock forward on left, recover onto right
7&8 Step back on left, close right next to left, step forward on left.

FORWARD ROCK SHUFFLE BACK, WALK BACK X 2, COASTER STEP

1 – 2 Rock forward on right, recover onto left
3&4 Step back on right, close left next to right, step back on right.
5 – 6 Walk back on left (pop right knee) walk back on right (pop left knee)
7&8 Step back on left, close right next to left, step forward on left.

TOE STRUT X 2, JAZZ BOX ¼

1 – 2 Step forward on right toe, drop heel,(add a shimmy)
3 – 4 Step forward on left toe, drop heel (add a shimmy)
5 – 6 Cross right over left, step back on left
7 – 8 Turn ¼ right stepping side on right, close left next to right *

*As you close your feet together on count 8, if you want a bit of fun, do a little jump!