

B Around

拍数: 16 墙数: 4 级数: Beginner
编舞者: Bernadette Burnette (USA) - July 2025
音乐: Be Around - Blooom



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

FORWARD SHUFFLE, ROCK RECOVER, BACKWARD SHUFFLE, ROCK RECOVER

1&2 3 4 Shuffle forward right, left, right, rock back on left, recover on right

5&6 7 8 Shuffle back left, right, left, rock back on right, recover on left

SIDE ROCK, CROSS AND CROSS, STEP, QUARTER LEFT TURN, ROCKING CHAIR

1 2 3&4 Rock to left on left, recover on right, step left across right, step right, left across right

5 6 7&8& Step on left, make quarter turn left, rock up on right, recover left, back right, recover left

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