

Three Nickels

拍数: 68 墙数: 4 级数: Intermediate
编舞者: Ellie Jordan (UK)
音乐: Three Nickels and a Dime - Ricky Lynn Gregg



HEEL STRUT RIGHT HEEL STRUT LEFT TWICE

- 1-2 Step forward on right heel, drop right toe taking weight
- 3-4 Step forward on left heel, drop left to taking weight
- 5-8 Repeat 1-4

CHASSE RIGHT, ROCK BACK LEFT, CHASSE LEFT, ROCK BACK RIGHT

- 1&2 Step right to right side, close left beside right, step right to right side
- 3-4 Rock back on left, rock forward onto right
- 5&6 Step left to left side, close right beside left, step left to left side
- 7-8 Rock back on right, rock forward onto left

ROCK RIGHT ¼ TURN LEFT, SHUFFLE FORWARD RIGHT, ROCK FORWARD, LEFT COASTER STEP LEFT

- 1-2 Rock to right side on right, rock onto left making ¼ turn left
- 3&4 Step forward right, close left beside right, step forward right
- 5-6 Rock forward on left, rock back on right
- 7&8 Step back left, step right beside left, step forward left

MONTEREY ½ TURN RIGHT MONTEREY 1/TURN RIGHT

- 1-4 Touch right to right side, on ball of left make ½ turn right, stepping right beside left touch left to left side, step left beside right
- 5-8 Touch right to right side, on ball of left make ¼ turn right, stepping right beside left touch left to left side, step left beside right

KICK BALL CHANGE RIGHT TWICE, ROCK RIGHT SAILOR STEP RIGHT

- 1&2 Kick right forward, step right beside left, step onto left in place
- 3&4 Kick right forward, step right beside left, step onto left in place
- 5-6 Rock to right side on right, rock onto left in place
- 7&8 Cross right behind left, step left to left side, step right to place

KICK BALL CHANGE LEFT TWICE, LEFT ROCK, ¼ TURN LEFT SAILOR STEP

- 1&2 Kick left forward, step left beside right, step onto right in place
- 3&4 Kick left forward, step left beside right, step onto right in place
- 5-6 Rock to left side on left, rock onto right in place, sailor step left
- 7&8 Cross left behind right making ¼ turn left, step right to right side, step left to place

ROCK STEP, SHUFFLE ½ TURNS RIGHT (TRAVELING BACK) X 3

- 1-2 Rock forward on right, rock back onto left
- 3&4 Shuffle ½ turn right, stepping - right, left, right
- 5&6 Shuffle ½ turn right, stepping - left, right, left
- 7&8 Shuffle ½ turn right, stepping - right, left, right

ROCK FORWARD LEFT, LOCK BACK LEFT, BACK RIGHT LEFT, LEFT COASTER TOUCH

- 1-2 Rock forward on left, rock back on right
- 3&4 Step back left, lock right across left, step back left
- 5-6 Walk back stepping right & left
- 7&8 Step back right, step left beside right, touch forward right

ROCKING CHAIR FORWARD RIGHT

1-4 Rock forward on right, rock back onto left, rock back on right, rock forward onto left

REPEAT

RESTART

On the 3rd wall only dance sections 1-8 and restart dance
