

To The West

拍数: 40 墙数: 4 级数: Improver
编舞者: Cara Townsend & Ray Cadden (UK)
音乐: Downtime - Jo Dee Messina



RIGHT SIDE TOGETHER, SIDE SHUFFLE, CROSS ROCK, BACK ROCK

1-2 Step right to right side, step left next to right
3&4 Step right to right, step left next to right, step right to right
5-6 Cross left across right rocking weight forward recover weight back on to right
7-8 Rock back on to left foot, recover weight forward on to right

LEFT SIDE TOGETHER, SIDE SHUFFLE, CROSS ROCK, BACK ROCK

1-2 Step left to left side, step right next to left
3&4 Step left to left side, step right next to left, step left to left side
5-6 Cross right across left rocking weight forward recover weight back on to left
7-8 Rock back on to right foot, recover weight forward on to left foot

RIGHT KICK BALL CHANGE, STEP PIVOT. TRIPLE HALF TURN TWICE

1&2 Kick right foot forward, step right foot next to left, transfer weight onto left foot
3-4 Step forward on right foot, turn half turn left
5&6 Make half turn over left shoulder, stepping right, left, right
7&8 Make half turn over left shoulder, stepping left, right, left

ROCKING CHAIR, HIP BUMPS

1-2 Rock forward on right foot, recover weight on to left foot
3-4 Rock back on right foot, recover weight on to left foot
5-6 Stepping slightly forward on right foot, bump hips forward and back
7&8 Bump hips forward, back, forward

ROCK RECOVER, TRIPLE THREE QUARTER TURN, TOUCH BALL CHANGE TWICE

1-2 Rock forward onto right foot, recover weight onto left foot
3&4 Turn $\frac{3}{4}$ turn over left shoulder stepping left, right, left
5&6 Touch right toe forward, step right next to left, transfer weight to left foot
7&8 Touch right toe forward, step right next to left, transfer weight to left foot

REPEAT