Golden State

拍数: 32

级数: Intermediate

编舞者: Martin Ritchie (UK)

音乐: The Late Great Golden State - Dwight Yoakam

Begin immediately. There is no real intro, so be ready!

BACK, ½ TURN, FORWARD-ROCK, BACK, ½ TURN, FORWARD-ROCK

- 1-2 Step back (recover after 1st wall) on left, turn 1/2 right and step forward on right
- 3-4 Rock forward on left, recover weight onto right
- 5-6 Step back on left, turn ½ right and step forward on right
- 7-8 Rock forward on left, recover weight onto right

BACK LEFT SHUFFLE, BACK-ROCK, KICK-BALL-CHANGE, STEP, ¼ PIVOT

- 1&2 Step back on left, step right together, step back on left
- 3-4 Rock back on right, recover weight onto left
- 5&6 Kick right forward, step ball of right together, change weight onto left
- 7-8 Step forward on right, pivot ¼ turn left

CROSS, SIDE, SAILOR STEP, CROSS, ½ TURN, CHASSE LEFT

- 1-2 Cross step right over left, step left to side
- 3&4 Step right behind left, step left to side, step right in place
- 5-6 Cross step left over right, step right to side and start to make ¹/₂ turn left on ball of right
- 7&8 Complete the turn and step left to side, step right together, step left to side

CROSS-ROCK, SIDE, HOLD & SIDE, HOLD, KICK-BALL-ROCK

- 1-2 Rock right over left, recover weight onto left
- 3-4 Step right to side, hold and clap
- &5-6 Step left next to right, step right to side, hold and clap
- 7&8 Kick left forward, step ball of left next to right, step/rock forward on right

REPEAT

After completing the first wall, you will rock back onto the left foot for count 1, after doing the kick-ball-rock at the end of the sequence.





墙数:4