

编舞者: Bryan McWherter (USA)

音乐: Days In Avalon - Richard Marx



CROSS ROCK, RECOVER, STEP, CROSS ROCK, RECOVER, STEP, CROSS STEP, ¾ TURN, CROSS ROCK, RECOVER, STEP

1&2 Cross rock right foot in front of left, recover weight back to left, step right slightly out to right

side

3&4 Cross rock left foot in front of right, recover weight back to right, step left slightly out to left

side

56& Cross step right in front of left making a ¼ turn to your left, step back onto your left making a

½ turn to your right, step right out to the right side making a ¼ turn to your right

7&8 Cross rock left foot in front of right, recover weight back to right, step left slightly out to left

side

Count 5 is a prep for your turn.

BUMP, BUMP, ¼ TURN, ½ TURN, COASTER STEP, SHUFFLE FORWARD

1-2 Bump right hip out to right side, bump left hip out to left side

3-4 Step right forward while making a ¼ turn to your right, step left forward while making a ½ turn

to your right

Step back onto right, slide step left back next to right, step forward onto right

Step forward onto left, slide step right next to left, step forward onto left

Arm styling option: on counts 1-2 swing both arms to the right on count 1, then to the left on count 2

ROCK, RECOVER, ROCK, RECOVER, LONG STEP, DRAG, TOUCH, ROCK, RECOVER, LONG STEP, DRAG, TOUCH

1&2& Rock right forward, recover back to left, rock right back, recover forward left

3-4 Long step right out to right side, drag left next to right and touch

5&6& Rock left forward, recover back to right, rock left back, recover forward to right

7-8 Long step left out to left side, drag right next to left and touch

ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, TRIPLE TURN

1-2 Rock right forward, recover back to left

3&4 Step back onto right, step left next to right, step forward onto right

5-6 Rock left forward, recover back to right

7&8 Step forward onto left foot making a ½ turn to your left, step forward onto your right foot

making a ½ turn to your left, step forward onto your left foot making a ½ turn to your left

Option: on counts 7&8 you can do a simple ½ turn shuffle

REPEAT