

On And On

拍数: 32 墙数: 2 级数: Improver
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音乐: On and On - Stephen Bishop : (CD: K-Tel hits of 70's)



With change of direction on 6th wall (to On and On only)

Alternative: Every Breath You Take by the Police with restart on wall 8

Big Girl by Mika (Life In Cartoon Motion)

ROCK FORWARD RIGHT, RECOVER LEFT, STEP HIP, HIP, HIP TO RIGHT. ROCK BACK LEFT RECOVER FORWARD RIGHT AND CHASSE TO THE LEFT

- 12 Rock forward onto right foot, recover the weight back onto left foot
- 3&4 Step to side on right foot, pushing hips right, left, right
- 56 Rock back on left foot, recover the weight forward onto right foot
- 7&8 Step to side on left foot, close right beside left, step left foot to left side

SPOT TURN LEFT AND CHASSE TO THE RIGHT, ¼ LEFT COASTER AND SHUFFLE FORWARD RIGHT

- 12 (This is a full turn to the left with 2 steps virtually on the spot) Cross right foot well over left twisting left on balls of feet to face back (half turn), continue twisting left on balls of feet transferring weight forward onto left foot (half turn), now back where you started (amounts of turn are not needed to be exact)
- 3&4 Step to side on right foot, close left foot beside right, step to side on right
- 5&6 Step left behind right whilst making ¼ turn left, step right beside left, step forward on left foot
- 7&8 Step forward on right foot, close left just behind right, step forward on right

(On wall 6 replace shuffle forward with 2 walks R L then RESTART dance to new direction 3 and 9 'Clock)

ROCK FORWARD LEFT RECOVER, SHUFFLE BACK LEFT, ROCK BACK RIGHT RECOVER, SHUFFLE FORWARD RIGHT

- 123&4 Rock forward onto left foot, recover the weight back onto right, step back on left, close right foot to left, step back on left
- 567&8 Rock back on right foot, recover weight forward onto left, step forward on right, close left to right, step forward on right

¾ TWIST RIGHT AND CHASSE TO THE RIGHT, ROCK BACK LEFT RECOVER RIGHT AND CHASSE TO THE LEFT

- 12 Cross left foot well over right and twist ¾ turn right, keeping weight on left foot
- 3&4 Step to side on right foot, close left beside right, step to side on right
- 56 Rock back onto left foot, recover the weight forward onto right
- 7&8 Step to side on left foot, close right beside left, step to side on left

At the END of the fifth wall there is a small TAG of 4 counts, just ADD a rocking chair

- 1234 Rock forward right foot, recover weight back left, rock back right foot, recover weight forward on left

Finish on wall 10...after hip bumps 3&4, cross left foot well behind right and back twist ¾ turn left to face front, transferring weight onto front foot

End of dance, smile and enjoy

With Every Breath You Take, Start 32 counts in on the word "Take" restart on wall 8 after dancing first 8 counts facing back. All other tracks start on vocals