

Downpour

拍数: 48 墙数: 2 级数: Improver
编舞者: Paul McAdam (UK) - June 2008
音乐: Downpour - Brandi Carlile : (3:14)



Count in: 48 counts from start of track on vocals.

[1-6] cross rocks travelling forward x2

- 1-3 Cross left foot over right foot, rock right foot out to right side, recover weight onto left foot
- 4-6 Cross right foot over left foot, rock left foot out to left side, recover weight onto right foot

[7-12] Cross Behind Rocks Travelling Back X2

- 1-3 Cross left foot behind right foot, rock right foot out to right side, recover weight onto left foot
- 4-6 Cross right foot behind left foot, rock left foot out to left side, recover weight onto right foot

[13-18] ¼ Turn Together, Back Together

- 1-3 Make a ¼ turn left and step forward on left foot, step right foot next to left, step left foot in place
- 4-6 Step back on right foot, step left foot next to right, step right foot in place

[19-24] ¼ Turn Together, Back Together

Repeat steps 13-18

[25-30] Twinkle, Cross ½ Turn

- 1-3 Cross left foot over right foot, step right foot to right diagonal, step left foot to left diagonal
- 4-6 Cross right foot over left foot, make a ¼ turn right and step back on left foot, make a ¼ turn right and step right foot to right side

[31-36] Twinkle, Cross ½ Turn

Repeat steps 25-30

[37-42] Step ½ Turn Back, Back Together

- 1-3 Step forward on left foot, make a ½ turn left and step back on right foot, step back on left foot
- 4-6 Step back on right foot, step left foot together, step right foot in place

[43-48] STEP ½ Turn Back, Back Together

Repeat steps 37-42

Start Again And Enjoy!