

Plan B

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK) & Rob Fowler (ES) - May 2010
音乐: She Said - Plan B : (CD: The Defamation of Strickland Banks)



Start after 32 count intro. On vocals.

Walk Forward, Hold, Walk Forward, Hold, Rock Forward, Recover, Step Back, Together.

- 1-4 Step forward on Right. Hold. Step forward on Left. Hold.
- 5-8 Rock forward on Right. Recover onto Left. Step back on Right. Step Left next to Right.

Cross Step, Sweep, Cross Step, Right Side Rock, Recover, Step Behind, Left Side Rock, Recover.

- 1-2 Cross step Right over Left. Sweep Left round to the left from back to front.
- 3-5 Cross step Left over right. Rock out to Right side on Right. Recover onto Left.
- 6-8 Cross step Right behind Left. Rock out to Left side on Left. Recover onto Right.

Left Cross Behind, Sweep Back, Cross Step Behind, Step Left, Cross, Side, Cross, Hold.

- 1-2 Cross step Left behind Right. Sweep Right round to the Right from front to back.
- 3-4 Cross step Right behind Left. Step Left.
- 5-8 Cross step Right over Left. Step Left. Cross step Right over Left. Hold.

Step Left, Together With 1/4 Turn Right, Step Forward, Hold, Full Turn Left, Step Right, Hold.

- 1-4 Step Left. Turn 1/4 Right stepping Right next to Left. Step forward on Left. Hold
- 5-8 Turn 1/2 L stepping back on R. Turn 1/2 L stepping forward on L. Step R to R side. Hold. 3 0'clock.

Weave Right, Step Together, Swivel Heels, Toes, Kick Across, Step Left.

- 1-4 Cross step Left behind Right. Step Right. Cross step Left over Right. Step Right next to Left.
- 5-6 Swivel both heels to the Right. Swivel both toes to the Right.
- 7-8 Kick Left across Right. Step Left to Left side.

Cross Step Right Behind, Hold, Ball Cross, Step Left, Kick Across, Kick Out, Touch Back, Kick Forward.

- 12&3 Cross step Right behind Left. Hold. Step on ball of Left to Left. Cross step Right over Left.
- 4-6 Step Left to Left side. Kick Right across Left. Kick Right out to Right side.
- 7-8 Touch back with Right toe. Kick Right forward.

Slow Coaster Step, Hold, Step, Pivot 1/2 Turn Right, Step, Pivot 1/2 Turn Right.

- 1-4 Step back on Right. Step Left next to Right. Step forward on Right. Hold.
- 5-8 Step forward on Left. Pivot 1/2 turn Right. Step forward on Left. Pivot 1/2 turn Right.

Cross Rock, Recover, Big Step Left, Drag, Cross Rock Behind, Recover, Big Step Right, Step Together.

- 1-4 Cross rock Left over Right. Recover onto Right. Take a long step Left. Drag Right towards Left.
- 5-8 Cross rock on Right behind Left. Recover onto Left. Take a long step Right. Step Left in next to Right

TAG: 16 count Tag at the END of wall 1. Facing 3 0'clock.

- 1-4 Rock forward on Right, Recover on Left, Rock out on Right to Right side, Recover on Left,
- 5-8 Rock back on Right, Recover on Left, Step forward on Right, Hold.
- 1-4 Rock forward on Left, Recover on Right, Rock out on Left to Left side, Recover on Right.
- 5-8 Rock back on Left, Recover on Right, Step forward on Left.

TAG: 24 count Tag at the END of wall 5. Facing 3 0'clock. Repeat the above 16 counts adding on 8 counts more.

1-2 Step forward on Right. Pivot 1/4 turn Left.

3-8 Repeat the above: Step, Pivot 1/4 turn Left 3 more times to complete a full turn Left. 3 0'clock
