

拍数: 32

编舞者: Moni Hartmann (DE) - August 2012

音乐: The Wind - Zac Brown Band

Start	with	lyrics
orunt		191100

[1-8] STEP, STEP, SHUFFLE R, LF ROCK FORWARD, L COASTER STEP

墙数:2

- 1,2 RF step forward, LF step forward
- 3 & 4 RF step forward, LF close to RF , RF step forward
- 5,6 LF step forward, lift RF , weight back on LF
- 7 & 8 LF step back, RF close to LF , LF step forward

[9 – 16] RF FORWARD, ½ TURN LEFT, SHUFFLE R, LF ROCK FORWARD, COASTER STEP L

级数: Improver

- 1,2 RF step forward, ½ turn left on both feet
- 3 & 4 RF step forward, LF close to RF, RF step forward
- (in 4. round shuffle left and Restart LF step forward, RF close to LF, LF step forward and restart)
- 5,6 LF step forward, lift RF , weight back on LF
- 7 & 8 LF step back, RF close to LF , LF step forward

[17 – 24] RF BEHIND LF, ½ TURN R, SHUFFLE SIDE R, LF CROSS RF; SHUFFLE SIDE L

- 1,2 RF-toe behind LF , ½ turn right on both feet
- 3 & 4 RF step right, LF aclose to RF, RF step right
- 5,6 LF cross in front of RF, lift RF, weight back on RF
- 7 & 8 LF step left, RF close to LF , LF step left
- in 2nd and 6th. rounds Restart

[25 – 32] SAILOR STEP R, SAILOR STEP L, RF BEHIND LF, ½ TURN R, KICKBALL R, HEEL L

- 1 & 2 RF cross behind LF, LF small step left, RF small step right
- 3 & 4 LF cross behind RF, RF small step right, LF small step left
- 5,6 RF-toe behind LF, ¹/₂ turn right on both feet, weight on LF
- in 9th round Restart
- 7 & 8 RF kick forward, RF close to LF and left heel touch in front

With a little jump, the dance starts again