From The Family

拍数: 32

级数: Low Intermediate

编舞者: Jamie Marshall (USA) - March 2011

音乐: Merry Christmas from the Family - Montgomery Gentry

STEP, CROSS ROCK, RECOVER, TRIPLE R W/ ¼ TURN, FULL TURN, ROCK, RECOVER, STEP
1,2,3 Step R to R (1), Cross rock L over R (2), Recover onto R (3) (12:00)
4&5 Step L to L (4), Step R next to L (&), Turn ¼ L, stepping L forward (5) (9:00)
6,7 Turn ½ L, stepping R back (6), Turn ½ L stepping L forward (7) (9:00)
(Option: Instead of full turn, simply walk forward R, L)
8&1 Rock R forward (8), Recover onto L (&), Step R next to L (1) (9:00)
BACK ROCK, RECOVER, ¼ SCISSOR TURN, STEP, TOGETHER, TRIPLE STEP 2,3 Rock L back (2), Recover onto R (3) (9:00)
4&5 Step L forward (4), Turn ¼ R, stepping R to R (&), Cross L over R (5) (12:00)
6,7 Step R to R (6), Step L next to R (7) (12:00)
8&1 Step R to R (8), Step L next to R (&), Step R to R (1) (12:00)
Step R to R (0), Step L text to R (a), Step R to R (1) (12.00)
CROSS ROCK, RECOVERY, STEP, TAP, KICK, ROCK, RECOVER, STEP
2,3 Cross rock L over R (2), Recover onto R (3) (12:00)
4&5 Step L to L (4), Tap R next to L (&), Kick R forward (5) (12:00)
6,7,8 Rock R forward (6), Recover onto L (7), Step R next to L (8) (12:00)
KICK, STEP, KICK, STEP, CROSS, UNWIND 1 ¼ RIGHT, AS CHANGE WEIGHT
1,2 Kick L forward (1), Step L back (2) (12:00)
3,4 Kick R forward (3), Step R back (4) (12:00)
5 Cross L over R (Look to R, this is the wall you should end up facing) (12:00)
6,7,8 Slowly unwind 1 ¹ / ₄ to the R transferring weight onto L (3:00)
(You can cheat the 1 ¼ turn by turning ¼ R on count 5)
Restarts: After first 16 counts on Walls 4 and 10
Contact: thejamiemarshall@att.net – 615-207-5207 - www.ftwaynedanceforall.com
Dance also known as A Buncha Girls

Video instruction available at www.linelessons.com





墙数:4