

Be The Lake

拍数: 32 墙数: 2 级数: Intermediate - Polka
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音乐: Be the Lake - Brad Paisley



FWD. SHUFFLE / 1 1/2 R TURNING TRIPLE / 4X HITCH STEPS BACK

1&2 step right foot forward, step left foot next to right, step right foot forward,
3&4 1/2 turn right stepping left slightly back, 1/2 turn right stepping right slightly forward, 1/2 turn
right stepping left slightly back,

Easier version: 1/2 turning right shuffle back.

&5 right knee hitch hop slightly back on left, step right foot back,
&6 left knee hitch hop slightly back on right, step left foot back,
&7 right knee hitch hop slightly back on left, step right foot back,
&8 left knee hitch hop slightly back on right, step left foot back,

1/4 R SIDE-POINT-1/4 L FLICK / FWD. SHUFFLE / 1/4 R SIDE CHASSE / SAILOR STEP

&1,2 1/4 turn right stepping right to side, point left toe to side, 1/4 turn left flick right back,

Tag & Restart: wall 9 dance until here, dance below steps and restart with face to front wall.

3&4 step right foot forward, step left foot next to right, step right foot forward,
5&6 1/4 turn right stepping left to left side, step right next to left, step left to left side,

Restart: wall 3 dance until here, dance below steps and restart with face to front wall.

7&8 cross step right behind left, step left slightly side, step right diagonally to forward right,

CROSS-1/4 L BACK / 1/4 L SIDE HOP-SLIDE / WEAVE / SIDE ROCK

1,2 cross step left across right, turn 1/4 left stepping right back,
&3-4 turn 1/4 left hop on right slightly to right side, step left to side and slowly slight right next to
left,
5&6 cross step right behind left, step left to side, cross step right over left,
7,8 rock left foot to left side, recover weight on right foot,

SAILOR 1/4 TURN L / STEP-1/2 PIVOT L / FWD. SUFFLE / STEP-BRUSH

1&2 cross step left behind right, step right next to left turning 1/4 left, step forward left foot,
3&4 step forward right, 1/2 turn left stepping forward left foot,
5&6 step right foot forward, step left foot next to right, step right foot forward,
7,8 step left foot forward, brush right forward,

Optional: dance a brush-hop fwd on 8&.

REPEAT

RESTART: In wall 3 dance until count 14, dance follow steps and restart with face to front wall.

15&16 cross step right behind left, step left next to right turning 1/4 right, touch right toe next to left,

TAG: After Wall 6 dance follow steps and restart with face to back wall.

1,2-4 right big step forward, slow drag left toe next to right and step next to left (or slightly forward),

TAG & RESTART: In wall 9 dance until count 10, dance follow steps and restart with face to front wall.

11,12 step right foot forward, step left foot forward