

After The Storm

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Tina Argyle (UK) - May 2014
音乐: Calm After the Storm - The Common Linnets : (Netherlands Eurovision entry - iTunes)



Count In : start with lyrics

NB. Starting Position:- This dance starts facing the 12 o'clock right diagonal

Right Rock Fwd, Recover, Shuffle Back. Rock Back Recover, Shuffle Forward

- 1 - 2 Rock forward onto right, recover weight back onto left
- 3&4 Step back right, close left at side of right, step back right
- 5 - 6 Rock back left, recover weight forward onto right
- 7&8 Step forward left, close right at side of left, step forward left

Jazz Box 1/8th Turn Cross. Side, Behind, Chasse.

- 1 - 2 Cross right over left, step back left
- 3 - 4 Make 1/8th turn right stepping right to right side, cross left over right (3 o'clock)
- 5 - 6 Step right to right side, cross left behind right
- 7&8 Step right to right side, close left at side of right, step right to right side

Cross Rock ¼ Shuffle Turn. ½ Shuffle Turn, Rock Back, Recover

- 1 - 2 Cross rock left over right, recover weight back onto right
- 3&4 Make ¼ turn left stepping forward left, close right at side of left, step forward left
- 5&6 Make ½ turn left stepping back right, close left at side of right, step back right (6 o'clock)
- 7 - 8 Rock back left, recover weight forward onto right

Jazz Box Cross, Side Rock 1/8th Turn, Shuffle Forward To Diagonal

- 1 - 2 Cross left over right, step back right
- 3 - 4 Step left to left side, cross right over left
- 5 - 6 Rock left to left side, recover weight onto right turning an 1/8th to the 6 o'clock right diagonal
- 7&8 Step forward left, close right at side of left, step left forward

Start the dance again now facing the 6 o'clock wall right diagonal

Enjoy!!