Kinda Gentle

拍數: 32

級數: Beginner

編舞者: Jan Brookfield (UK) - April 2015

音樂: My Kind of Girl - Matt Monro

Or "Down Louisiana Way" by George Strait Or "I need somebody" by The CheapSeats

For all songs start on vocals

Section One : PRISSY STEPS FORWARD x 2, ROCKING CHAIR

- Step R forward and slightly across L, hold (optional palms down) 1,2
- 3,4 Step L forward and slightly across R, hold (optional palms down)
- 5,6,7,8 Rock forward on R, recover onto L, rock back on R, recover onto L

Section Two : (STEP, DRAG, ROCK BACK, RECOVER) x 2

- Step R to side, keeping weight on R drag L towards R (optional palms down) 9,10
- 11,12 Rock back on L, recover onto R in place
- 13,14 Step L to side, keeping weight on L drag R towards L (optional palms down)
- 15,16 Rock back on R, recover onto L in place

Section Three : PRISSY STEPS FORWARD x 2, ROCKING CHAIR

17-24 Repeat steps for Section One.

Section Four : MONTEREY 1/4 TURN, BACK ROCK, KICK-BALL-CHANGE

- 25,26 Point R to right side, making a quarter turn right step on R in place
- 27,28 Point L to left side, step on L in place
- 29,30 Rock back on R, recover onto L
- 31&32 Kick R forward, rock back on R, recover onto L in place

START AGAIN





牆數: 4