On the Waves

拍數: 32

級數: Beginner

編舞者: Audrey Watson (SCO) - July 2015

音樂: Walking On the Waves - Shane Owens : (iTunes)

Intro: 22 Counts

Choreographed as a floor split with my Improver dance Walking on the wave

S1 Walk, Walk, Kick Ball Step, Fwd Rock, Back Shuffle.

- 1-2 Walk fwd on right, walk fwd on left.
- 3&4 Kick right foot fwd, step down on ball of right, step fwd on left.
- 5-6 Rock fwd on right, recover back on left.
- 7&8 Step back on right, step left next right, step back on right.

S2 Walk Back, Back, Coaster Cross, Side Rock, Cross Shuffle.

- 1-2 Walk back on left, walk back on right.
- 3&4 Step back on left, step right next left, cross left over right.
- 5-6 Rock right to right side, recover on left.
- 7&8 Cross right over left, step left to left side, cross right over left.

S3 Side Rock, Sailor ¼ Turn, Pivot ¼, Cross Shuffle.

- 1-2 Rock left to left side, recover weight on right.
- 3&4 Turning ¼ left stepping left behind right, step right to right side, step left to left side.
- 5-6 Step fwd on right, pivot 1/4 left. Restart the dance here during walls 4 & 8
- 7&8 Cross right over left, step left to left side, cross right over left.

S4 Side Rock & Side Together, Rocking Chair.

- Rock left to left side, recover weight on right, step left next right. 1-2&
- 3-4 Step right to right side, step left next right.
- 5-6 Rock fwd on right, recover back on left.
- 7-8 Rock Back on right, recover fwd on left.

Start Again.

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牆數:2