After The Landslide

拍數: 32

級數: Beginner

編舞者: Merle Osmers - January 2020

音樂: After the Landslide - Matt Simons

Section 1: Chassé R, Back Rock, Chassé L, Back Rock

- 1&2 Step RF to R, Step LF next to RF, Step RF to R
- 3-4 Rock LF back, Recover on RF
- Step LF to L, Step RF next to LF, Step LF to L 5&6
- 7-8 Rock RF back, Recover on LF

Section 2: Samba Step 2x, 1/2 Jazz Box, Mambo Step

- 1&2 Cross RF over LF, Step LF to L, Recover on RF
- 3&4 Cross LF over RF, Step RF to R, Recover on LF
- 5-6 Cross RF over LF, Step LF back
- 7&8 Rock RF to R, Recover on LF, Step RF next to LF

Section 3: Side Rock, Sailor 1/2 Turn, Lock Shuffle R + L

- 1-2 Rock LF to L, Recover on RF
- 3-4 Cross LF behind RF with 1/4 Turn L, Step RF next to LF, Step LF fwd with 1/4 Turn
- 5&6 Step RF fwd, Lock LF behind RF, Step RF fwd
- 7&8 Step LF fwd, Lock RF behind LF, Step LF fwd

Section 4: Step Point R + L, Jazz Box ¼ Turn

- Step RF fwd, Point LF to L 1-2
- 3-4 Step LF fwd, Point RF to R
- 5-6 Cross RF over LF, Step LF back
- 7-8 Step RF to R with 1/4 Turn, Cross LF over RF

At the last wall (starts facing 12:00) you dance Jazz Box 1/2 Turn to end at 12:00.

When dancing to the remix version, the last wall begins facing 9:00. To end at 12:00 you dance Jazz Box 3/4 Turn.

Contact: merleosmers@googlemail.com

When dancing to the remix version, the last wall begins facing 9:00. To end at 12:00 you dance Jazz Box 3/4 Turn.





牆數:4