

40 Days 40 Nights

拍數: 32 牆數: 4 級數: Improver
編舞者: Lois Lightfoot (UK) - February 2020
音樂: 40 Days and 40 Nights - Tim McGraw : (Album: Not A Moment Too Soon)



#16 count intro

Tag at the end of wall 4 facing (12:00)

Sec 1: Right Dorothy, Left Dorothy, Rock recover, Shuffle ½ turn.

1-2& Step right foot diagonally forward, lock left behind right, Step right foot forward.
3-4& Step left foot diagonally forward, lock right foot behind, step left foot forward.
5-6 Rock forward onto right foot, recover weigh onto left foot.
7&8 Step right foot back making a shuffle ½ turn to right stepping Right, left, right.(6:00)

Sec 2: Rock forward, Recover & step back rocking back, Recover, Step pivot ¼ left, Cross shuffle.

9-10& Rock forward onto left Recover weight onto right & step Left foot next to right foot.
11-12 Rock back onto right foot, Recover weigh onto left foot.
13-14 Step right foot forward Pivot ¼ turn to left.(3:00)
15&16 Cross right over left Step left to eft side, cross right over left.

Sec 3: Vine Left with a Syncopated Cross Rock & Weave right with a ¼ turn Left.

17-18& Step left foot side, Cross right behind left & step left foot to side.
19-20& Cross Rock right foot over left foot, Recover weigh onto Left foot & Step Right to side.
12-22 Cross Left Over right, Step right foot to side.
23-24 Step left foot behind right foot, Step right to side making ¼ turn to right.(6:00)

Sec 4: Step left forward, Pivot ½ turn right, Shuffle forward, Shuffle ½ turn left, Sailors ¼ turn left.

25-26 Step left foot forward, Pivot ½ turn to the right. (12:00)
27&28 Step left foot forward, Lock step right behind left, step left foot forward.
29&30 Step right foot forward making a shuffle ½ turn to Left stepping Right, left, right.(6:00)
31&32 sweeping left behind right making ¼ turn left, step right foot to side, step left slightly to left.
(3:00)

Have Fun & Start again

TAG: 16 count tag at the end of wall 4 facing 12 o Clock

1-2& Step right foot diagonally forward, lock left behind right, Step right foot forward.
3-4& Step left foot diagonally forward, lock right foot behind, step left foot forward.
5-6 Rock forward onto right foot, recover weigh tonto left foot.
7&8 Step right foot back making ½ shuffle turn to the right to face 6 o Clock

1-2& Step left foot diagonally forward, lock right foot behind, step left foot forward.
3-4& Step right foot diagonally forward, lock left behind right, Step right foot forward.
5-6 Rock forward onto left foot, recover weigh onto Right foot.
7&8 Step left foot back making ½ shuffle turn to left to face 12 o clock