

Press

拍數: 16 牆數: 4 級數: High Improver
編舞者: Dick Rogers (USA) & Nancy Rogers (USA) - August 2021
音樂: Country In Me - Lauren Alaina
或: What's Forever For - Anne Murray



Note: No tags or restarts.

Starting Position: Weight on LF facing 12:00 wall.

[1-8] WALK FWD, WALK FWD, LOCK, STEP FWD, FWD ¼ L, THIRD, CROSS, SIDE, BEHIND, SIDE SWAY L, SWAY R

- 1 Step RF FWD
- 2a Step LF FWD (2), lock RF behind LF (a)
- 3 Step LF FWD
- 4a Step RF FWD and pivot ¼ L (4), slide LF to heel of RF (third position) (a)
- 5 Cross RF over LF
- 6a Step LF to L (6), cross RF behind LF (a)
- 7 Step LF to L and sway hips L
- 8 Sway hips to R and transfer weight to RF in place

[9-16] TOUCH BEHIND, UNWIND AND FALL, CROSS, SIDE, BEHIND, PRESS L, RECOVER, PRESS R, RECOVER

- 1 Touch toe of LF behind RF (keep full weight on RF) and bend R knee slightly
- 2& Straighten R knee while transferring weight to ball of LF and rotate ½ L in the process (2), fall on RF to R (&)
- 3 Cross LF over RF
- 4a Step RF to R (4), slide LF to heel of RF (third position) (a)
- 5 Cross RF over LF and press into floor by moving hips slightly FWD toward RF (maintain an upright stance)
- 6a Push off RF (leaving slight weight on RF touching floor) and recover on LF (6), step RF beside LF and twist slightly R (a)
- 7 Cross LF over RF and press into floor by moving hips slightly FWD toward LF (maintain an upright stance)
- 8a Push off LF (leaving slight weight on LF touching floor) and recover on RF (8), step LF beside RF and square up (a)

START OVER

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