

# Natural

拍數: 32      牆數: 4      級數: Improver  
編舞者: Guy Dubé (CAN) & Nancy Milot (CAN) - September 2022  
音樂: Natural - BRELAND



Intro : 32 counts.

**[1-8] CHASSÉ to R, ROCK BACK, RECOVER, 2X (HEEL-TOGETHER-CROSS)**

1&2      Chassé to right with RLR  
3-4      Rock back on L, recover on R  
5&6      Heel L diagonally to left, step L together R, cross step R over L  
7&8      Heel L diagonally to left, step L together R, cross step R over L

**[9-16] CHASSÉ to L, 1/4 TURN R & ROCK BACK, RECOVER, HEEL-TOGETHER-STEP, STEP, 1/2 TURN L**

1&2      Chassé to left with LRL  
3-4      1/4 turn right and rock back on R, recover on L  
5&6      Heel R forward, step R together L, step L forward  
7-8      Step R forward, pivot 1/2 turn to left

**[17-24] STEP, 1/2 TURN L, CHASSÉ to R, CROSS ROCK STEP, CHASSÉ to L**

1-2      Step R forward, pivot 1/2 turn to left  
3&4      Chassé to right with RLR  
5-6      Rock step L cross over R, recover on R  
7&8      Chassé to left with LRL

**[25-32] CROSS, SIDE, BEHIND, SIDE, CROSS, ROCK SIDE, RECOVER, CHASSÉ CROSS to R**

1-2      Cross step R over L, step L to left side  
3&4      Cross step R behind L, step L to left side, cross step R over L  
5-6      Rock L to left side, recover on R  
7&8      Cross chassé to right with LRL

**TAG: At the end of the 7th repetition of the dance, add these 8 counts :**

**[1-8] 2X (STEP, PIVOT 1/8 TURN to L), JAZZ BOX**

1-4      Step R to right, pivot 1/8 turn to left, step R to right side, pivot 1/8 turn to left  
5-8      Cross step R over L, step L back, step R to right side, cross step L over R

**And restart the dance from the beginning.**

**ENJOY AND HAVE FUN !  
GUY & NANCY**

**Last Update: 14 Apr 2025**