Welcome to the River

級數: Improver

編舞者: Nicole Woodley (NZ) - September 2023

音樂: The River - Hunter Metts

Start 16 counts in on vocals, weight on L.

拍數: 32

[1-4] R Side Behind Side Cross, Side Hold Rock Recover

- 1&2& Step R to R side, Step L behind R, Step R to R side, Cross L over R,
- 3&4& Step R to R side, Hold, Rock L back behind R, Recover fwd onto R

[5-8] L Side Behind Side Cross, Side Hold Rock Recover

- 5&6& Step L to L side, Step R behind L, Step I to L side, Cross R over L,
- 7&8& Step L to L side, Hold, Rock R back behind L, Recover fwd onto L

[9-12] R Lock Scuff, L Lock Scuff

- 1&2& Step R fwd, Lock L behind R, Step R fwd, Scuff L fwd,
- 3&4& Step L fwd, Lock R behind L, Step L fwd, Scuff R fwd

[13-16] R Mambo R ¼ Turn, Hold, L Back Coaster, Hold

- 5&6& Rock R fwd, Recover back onto L, R 1/4 Turn to 3:00 stepping R fwd, Hold,
- 7&8& Step L back, Step R beside L, Step L fwd, Hold

[17-20] R Lock Fwd, Scuff, L Mambo ¼ Turn, Hold

- 1&2& Step R fwd, Lock L behind R, Step R fwd, Scuff L fwd,
- 3&4& Rock L fwd, Recover back onto R, L ¼ Turn to 12:00 stepping L to L side, Hold

[21-24] R Scissor, Hold, R ¹/₂ Turn Hinge Cross, Hold

- 5&6& Step R to R side, Step L beside R, Cross R over L, Hold
- 7& R ¼ turn stepping L back (3:00), R ¼ turn back stepping R to R side (6:00),
- 8& Cross L over R, Hold

[25-28] R Scissor, Hold, R ¹/₂ Turn Hinge Cross, Hold

- Step R to R side, Step L beside R, Cross R over L, Hold, 1&2&
- 3& R ¹/₄ turn stepping L back (9:00), R ¹/₄ turn back stepping R to R side (12:00),
- 4& Cross L over R, Hold

[29-32] R ¹/₂ Turn Mambo, Hold, L Back Coaster, Hold

- 5&6& Rock R fwd, Recover back onto L, 1/2 Turn over R shoulder to 6:00 stepping R fwd, Hold,
- 7&8& Step L back, Step R beside L, Step L fwd, Hold.

RESTART: On Wall 4, dance to counts 14& (R Mambo R ¼ Turn, Hold), Step L fwd and ¼ to 12:00 to Restart dance for Wall 5.





牆數:2