

Roadworks

拍數: 32 牆數: 2 級數: Easy Intermediate
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音樂: Roadworks - Angus Gill & Matt Scullion : (2023 version)



After Drumsticks – 1,2 1234: 32 Count introduction– Start on Lyrics – 3 Restarts

INTRO (Optional) After Drumsticks (1,2 1234)

[1 – 8] ROCKING STEP & STEP X 2 (DIAG. R&L), 4 STEPS BACKWARDS ON DIAG. WITH HOLDS (X2)

1&2&3&4 Step R fwd diag to R on ball of foot, Rock back on ball of L, Step R fwd on ball of foot; Adjust 1/4 to L; Step L fwd diag to L on ball of foot, Rock back on ball of R, Step L fwd on ball of foot

5&6&7&8 Step R back diag. to R, hold, Step L back diag, to L, hold; Step R back diag. to R, hold, Step L back diag, to L, hold

[1 – 8] ROCKING STEP & STEP X 2 (DIAG. R&L), 4 STEPS BACKWARDS ON DIAG. WITH HOLDS

1&2&3&4 Step R fwd diag to R on ball of foot, Rock back on ball of L, Step R fwd on ball of foot; Adjust 1/4 to L; Step L fwd diag to L on ball of foot, Rock back on ball of R, Step L fwd on ball of foot

5&6&7&8 Step R back diag. to R, hold, Step L back diag, to L, hold; Step R back diag. to R, hold, Step L back diag, to L, hold

[9 – 16] SIDE ROCK CROSS X 2 WITH HOLD, ROCK FWD 1/2R TURN, SLOW PIVOT 1/2R &STEP

1&2&3&4 Step R to side, recover onto L, Cross R over L, hold; Step L to side, recover onto R, Cross L over L

5&6&7&8 Step R fwd, replace weight to L, Turn 1/2 R**; Sweep L around slow pivot 1/2, weight on R, Step L fwd

[17 – 24] FWD, 1/4L TURN, CROSS, HOLD, SIDE, BEHIND, FWD 1/4L X 2

1&2&3&4 Step R fwd, 1/4 turn L, replace weight to L, Cross R over L, hold, Step L to L, Cross R behind L, Step L fwd 1/4

5&6&7&8 Step R fwd, 1/4 turn L, replace weight to L, Cross R over L, hold, Step L to L, Cross R behind L, Step L fwd 1/4

[25 – 32] FWD, 1/2L TURN, CROSS, HOLD, SIDE ROCK CROSS FWD X 2 (DIAG. R&L), MAMBO FWD

1&2&3&4 Step R fwd, 1/2 turn L, Cross R over L, hold; Step L to side, recover onto R, Cross L over R *

5&6&7&8 Step R to side, recover onto L ***, Cross R over L, hold; straighten up, Step L fwd, Rock back onto R, Step L together

START AGAIN

Restart at end of Wall 2 * – facing front - on count 28

Restart on Wall 3 ** – facing front – on count 16 NOTE ~ music crawls on Wall 4 – so adjust pace to suit

Restart at end of Wall 5 * – facing front - on count 28

Ending *** - You will be on Wall 9 (back) – with music slowing all the way - to end at front on count 26