

Essential Cookies Only

拍數: 48 牆數: 2 級數: Improver
編舞者: Rex Allott (UK) - May 2025
音樂: Chains - The Cookies



Intro - 16 beats

S1. Cross L over R, L coaster step, R, L fwd shuffle

- 1-2. Cross L over R, step R next to L
- &3-4 Step L back, step R next to L, step L fwd
- 5&6 Step R fwd, step L behind R, step R fwd
- 7&8. Step L fwd, step R behind L, step L fwd

S2. Cross R over L, L fwd mambo, R, L back shuffle

- 1-2. Cross R over L, step L next to R
- &3-4 Step R fwd, step L down, step R next to L
- 5&6 Step R back, step L in front of R, step R back
- 7&8. Step L back, step R in front of L, step L back

S3. Syncopated weave R, cross rock back, fwd on R, L shuffle

- 1-2. Step R to R, step L behind R
- &3-4 Step R to R, cross L over R, step R to R
- 5-6. Cross rock L behind R, return weight to L
- &7-8 Step L to L, step R next to L, step L to L

S4. Syncopated vine L, step fwd L, R, rock R fwd, R back shuffle

- 1-2. Step L to L, cross R over L
- &3-4 Step L to L, step R behind L, step L fwd
- 5-6. Rock R fwd, return weight to L
- 7&8. Shuffle back R, L, R

S5. Cross L over R, pause, point R, pause, R cross mambo, point L

- 1-2. Cross L over R, pause
- 3-4. Point R out R, pause
- &5-6 Step R behind L, step L to L, cross R over L
- 7-8. Point L out L, pause

S6. Step fwd L, R, L coaster step, 1/2 step turn R

- 1-2. Step fwd L, R
- &3-4 Step L back, step R next to L, step L fwd
- 5-6. Turning 1/4 R step fwd R, L
- 7-8. Rpt 5-6

Tag.

S1. K step

- 1-2. Step R diagonally fwd R, step L next to R
- 3-4. Step R diagonally back L, step L next to R
- 5-6. Step R diagonally back R, step L next to R
- 7-8. Step R diagonally fwd L, step L next to R

S2. Cross shuffle L, toe/heel steps back R

- 1-2. Cross R over L, step L behind R
- 3-4. Rpt 1-2

- 5-6. Step R toe diagonally back R, drop heel
- 7-8. Cross L toe over R, drop heel

S3. Cross shuffle R, toe/heel steps fwd L

- 1-2. Step L to R, step R behind L
- 3-4. Rpt 1-2
- 5-6. Step L toe diagonally fwd, drop heel
- 7-8. Cross R toe over L, drop heel

S4. Point L out , back, point R out, back, rpt

- 1-2. Moving back point L toe out L, return
- 3-4. Moving back point R toe out R, return
- 5-6. Rpt 1-2
- 7-8. Rpt 3-4

Tag after 2nd & 3rd S6.

Finish with tag S2. to S4. after last S6.
