Pure Shores

拍數: 32   **牆數:** 4   **級數:** Intermediate/Advanced

編舞者: Abby Bayford (UK)

音樂: Pure Shores - All Saints

ROCK RECOVER, CROSS SHUFFLE, TOUCH, TURN ¼, HITCH, LEFT FORWARD, MODIFIED HEEL JACK

1-2	Rock right to side, recover to left
3&4	Cross right over left, step left to side, cross right over left
5&6	Touch left toe to side, turn ¼ right and hitch left knee, step left slightly forward
&7&8	Step right back, touch left heel forward, step left together, hitch right knee

STEP SLIDE TO RIGHT, HEEL SWIVELS, RIGHT LOCK STEPS FORWARD WITH OPTIONAL ARM MOVEMENTS

| 9-10 | Big step right to side, slide left together |

Ending with left toe touched together

| 11&12& | Touch left toe forward, swivel both heels left, swivel both heels to center, step left together |
| 13-14 | Step right forward, lock left behind right |

Body should be angled to left diagonal while lock steps are stepping forward

| 15&16 | Step right forward, lock left behind right, touch right forward |

Body should still be angled to left diagonal while lock steps are stepping forward

Optional arm movements for counts 13-16

13: Bring right arm up and forward in a crawl swimming stroke

14: Bring left arm up and forward in a crawl swimming stroke

15: Repeat arm movement for count 13

&: Repeat arm movement for count 14

16: Repeat arm movement for counts 13 & 15

TOE SWITCHES TRAVELING BACKWARDS, CROSS UNWIND TURN ½ LEFT, LOCK STEP FORWARD

17&	Touch right toe diagonally forward, cross right behind left
18&	Touch left toe to side, cross left behind right
19&	Touch right toe to side, cross right behind left
20	Touch left toe to side

While doing counts 17-20 you should be traveling backwards

| &21-22 | Step left together, cross right over left, unwind ½ left (weight to right) |
| 23&24 | Step left forward, lock right behind left, step left forward |

RONDE TURN ½ LEFT, RIGHT SHUFFLE FORWARD, SWIVEL STEPS, RIGHT CHASSE

25-26	Sweep right from back to front turning ½ left, touch right together
27&28	Step right forward, step left together, step right forward
29-30-31	Skate left, skate right, skate left
&32	Step right together, step left to side

REPEAT