She's Like The Wind

級數: Intermediate west coast swing

編舞者: Craig Bennett (UK)

拍數: 32

音樂: She's Like The Wind - The Vibekingz

SIDE LOCK STEP, LEFT SHUFFLE, STEP ½ TURN, COASTER STEP

- 1-3 Step right to right side, lock left foot behind right, step right slightly forward
- 4&5 Step forward onto left, close right in place, step forward onto left
- 6-7 Step forward onto right, make a ½ turn right by stepping back onto left foot
- 8&1 Step back onto right, close left in place, step forward onto right

1/4 TURN ROCK RECOVER, LEFT LOCK STEP BACK, HOLD, BALL STEP, TOUCH

- 2-3 ¹/₄ turn right rocking forward onto left, recover back onto right
- 4&5 Step back on left, lock right in front of left, step back onto left
- 6&7-8 Hold, step right in place, step forward onto left, touch right in place

TOUCH OUT, IN, HEAL HOCK, STEP TOUCH STEP, BALL STEP, ROCK RECOVER, ½ TURN SHUFFLE

- 1&2 Touch right out to right side, touch right in place, place right heal forward
- &3&4 Step forward onto right, touch left behind right, step back onto left
- &5 Step right in place, step forward onto left
- 6-7 Rock forward onto right, recover back onto left
- 8&1 ¹/₂ turn stepping right forward, step left in place, step right forward

ROCK RECOVER TOGETHER, WALK BACK RIGHT, LEFT, COASTER POINT

- 2-3-4 Rock forward onto left, recover onto right, step left in place (as you're rocking, get your hips moving)
- 5-6 Walk back right, walk back left
- 7&8 Step right back, step left in place, point right to right side

REPEAT





牆數:4