

拍數: 64 牆數: 2 級數: Intermediate

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音樂: Spirit in the Sky - Doctor and the Medics



WALK FORWARD RIGHT, LEFT, RIGHT SHUFFLE, ROCK FORWARD LEFT, RECOVER, SHUFFLE ½ TURN

1-2	Walk forward r	ight loft
1-2	walk lorward r	iani, ieii

3&4 Step forward right, step left next to right, step forward right

5-6 Rock forward left, recover

7&8 Turn ½ turn left as you step left right left

1/4 SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, 2 X 1/4 TURN RIGHT, CROSS SHUFFLE

9-10 Turn ¼ turn left & rock right to right, recover

11&12 Cross right behind left, step left to left, cross right over left

13-14 Step back on left as your turn ¼ right, turn another ¼ turn right as you step right to side

15&16 Cross left over right, step right to right, cross left over right

2 X 1/4 TURN LEFT, ROCK RIGHT OVER LEFT, RECOVER, STEP RIGHT TO RIGHT, HOLD, LEFT JAZZ BOX

17-18	Step back on right as	vour turn ¼ left, turn another	1/4 turn left as you step left to side

19-20 Cross rock right over left, recover

21-22 Step right to the right, hold

23-26 Cross left over right, step back right, step left to left, step forward right

LEFT SHUFFLE FORWARD, RIGHT ROCK FORWARD, RECOVER, RIGHT LOCK RIGHT BACK, TURN

27&28 Step forward left, step right next to left, step forward left

29-30 Rock forward right, recover weight on left

31&32 Step back right, lock left across right, step back right

& Pivot ½ turn left on ball of right foot

WALK FORWARD LEFT, RIGHT, LEFT SHUFFLE, ROCK FORWARD RIGHT, RECOVER, SHUFFLE $\frac{1}{2}$ TURN

33-34 Walk forward left, right

35&36 Step forward left, step right next to left, step forward left

37-38 Rock forward right, recover

39&40 Turn ½ turn right as you step right left right

1/4 SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, 2 X 1/4 TURN LEFT, CROSS SHUFFLE

41-42 Turn ¼ turn right & rock left to left, recover

43&44 Cross left behind right, step right to right, cross left over right

45-46 Step back on right as your turn ¼ left, turn another ¼ turn left as you step left to side

47&48 Cross right over left, step left to left, cross right over left

2 X 1/4 TURN RIGHT, ROCK LEFT OVER RIGHT, RECOVER, STEP LEFT TO LEFT, HOLD, RIGHT JAZZ BOX

49-50 Step back on left as your turn ¼ right, turn another ¼ turn right as you step right to side

51-52 Cross rock left over right, recover

53-54 Step left to the left, hold

55-58 Cross right over left, step back left, step right to right, step forward left

RIGHT SHUFFLE FORWARD, LEFT ROCK FORWARD, RECOVER, LEFT COASTER

59&60	Step forward right, step left next to right, step forward right
61-62	Rock forward left, recover weight on right
63&64	Step back left, step right beside left, step forward left

REPEAT