Son Shine



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Jan Smith (UK)

音樂: My Son - Brendan Shine



CROSS ROCK, RECOVER, BACK CROSS, SIDE, CROSS ROCK, RECOVER TURN 1 /2, TRIPLE FULL

1	Cross rock	forward	on left foot
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2&3 Recover to right, step side and slightly back on left and cross right foot over left foot

4 Step left foot to left side

5-6 Cross rock forward on right foot, recover weight onto left foot, (diagonal)

7 Step ½ right on to right foot still diagonal

Triple full turn right stepping left, right, left, still on diagonal

CROSS ROCK, RECOVER, BACK LOCK BACK, BACK LOCK BACK, CROSS ROCK BACK RECOVER

10-11 Cross rock forward on right foot, recover weight onto left foot, (diagonal)

12&13 Moving back diagonally right stepping right, lock left, right
14&15 Moving back diagonally left stepping left, lock right, left
16-17 Cross rock back on right foot, recover weight onto left foot

TRIPLE FULL TURN LEFT, TRIPLE FULL TURN RIGHT, STEP, ROCK RECOVER

Traveling forward, full turn left, stepping right, left, right
Traveling forward, full turn right, stepping, left, right, left

Optional: step forward left, lock right behind left, step forward left

22 Step forward right

23-24 Rock forward left, recover weight onto right

STEP 1/2 LEFT, STEP RIGHT, LEFT, TURNING 3/4 LEFT, CROSS, SIDE, SAILOR STEP, CROSS SIDE

25 Traveling back step ½ left onto left foot

26&27 Continue turning left ³/₄ stepping right, left, cross right over left

28 Step left to left side

29&30 Right sailor step, stepping right, left, right, (facing right diagonal)

31-32 Step left over right, step right to right side

REPEAT