

Twisting By The Pool

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Matt Kav (UK)
音樂: Twisting By the Pool - Dire Straits



RIGHT SHUFFLE, ROCK LEFT, LEFT SHUFFLE SAILOR ¼ RIGHT

1&2 Step right to rights side close left to right step right to right side
3-4 Step left behind right, step weight back onto right foot
5&6 Step left to left side close right to left step left to left side
7&8 Step right behind left, step left out to side step making ¼ turn right on right foot

WALK LEFT, RIGHT SHUFFLE ROCK FORWARD RECOVER ½ TURN RIGHT

1-2 Step left, step right
3&4 Step left out in front bring right foot up to left step forward on left
5-6 Rock forward onto right foot recover weight back onto left
7&8 Making ½ turn over right shoulder step onto right foot close left up to right step forward on right

SIDE ROCK RECOVER ON LEFT, BEHIND SIDE CROSS TO RIGHT, ROCK RECOVER TWICE

1-2 Rock left out to left side, recover weight back onto right foot
3&4 Step left behind right, step right to right side, step left in front of right
5-6 Rock right out to right side, recover weight back onto left foot
7&8 Rock back onto right, rock forward onto left

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

1&2 Step right forward, bring left up to right, step right forward
3-4 Rock forward onto left, recover weight back onto right
5&6 Step left back, bring right back next to left, step back onto left
7-8 Rock back onto right, recover weight forward onto left

TOE STRUTS TWICE TO RIGHT, STEP RIGHT HOLD, ROCK RECOVER

1-2 Step right toe out to right side and hold
3-4 Step left toe across right and hold
5-6 Step right to right side and hold
7-8 Rock left behind right, recover weight back onto right foot

TOE STRUTS TWICE TO LEFT, STEP LEFT HOLD, ROCK RECOVER

1-2 Step left toe out to left side and hold
3-4 Step right toe across right and hold
5-6 Step left to left side and hold
7-8 Rock right behind left, recover weight back onto left foot

ROCK FORWARD, BACK ½ SHUFFLE TURN OVER RIGHT SHOULDER, ROCK FORWARD LEFT, BACK RIGHT COASTER STEP ON LEFT

1-2 Rock forward onto right foot, recover weight back on left foot
3&4 Step ½ turn right over right shoulder, step left up to right, step forward on right
5-6 Rock forward onto left, recover weight back onto right
7&8 Step left back, bring right next to left step forward onto left

2X ROCKING CHAIRS

1-2 Rock forward on right, recover weight back onto left
3-4 Rock back on right, recover weight forward onto left

5-6 Rock forward on right, recover weight back onto left
7-8 Rock back on right, recover weight forward onto left

REPEAT
