拍數: 64

級數: Intermediate

編舞者: Deborah L. Daniels (USA)

音樂: Ashes By Now - Lee Ann Womack

KICK BALL CHANGES, SAILOR SHUFFLES

- 1&2 Kick right foot forward, step on ball of right foot, quickly change weight to left foot
- 3&4 Kick right foot forward, step on ball of right foot, quickly change weight to left foot
- 5&6 With the body facing slightly right, step the right foot behind the left foot, rock to the left side with the ball of the left foot, and step slightly forward with the right foot
- 7&8 With the body facing slightly left, step the left foot behind the right foot, rock to the right side with the ball of the right foot, and step slightly forward with the left foot

ROCK STEP, COASTER STEP, STEP & TURN, SHUFFLE

- 1 Rock forward on the right forward
- 2 Recover weight on the left foot
- 3&4 Coaster step step back with the right foot, step together with the left foot, step forward with the right foot
- 5 Step forward with the left foot
- 6 Pivot ¹/₂ turn to the right taking weight on the right foot
- 7&8 Shuffle left, right, left

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ROCK STEP, COASTER STEP, STEP & TURN, SHUFFLE

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- 7&8 Shuffle left, right, left

TOE HEEL STRUTS

- 1-2 Right toe forward, lower right heel
- 3-4 Left toe forward, lower left heel
- 5-6 Right toe forward, lower right heel
- 7-8 Left toe forward, lower left heel

RIGHT JAZZ BOX, ¼ TURN, MONTEREY TURN

- 1-2 Cross right foot over left, step back on the left foot
- 3-4 Step right foot to right side making a ¼ turn right, step left foot beside right foot taking weight on the left foot
- 5-6 Touch right toe out to right side, pivot ½ turn right stepping right next to left
- 7-8 Touch left toe out to left side, step left foot beside right





牆數:4

HEEL SWIVELS

- 1-2 Swivel heels together to the right, swivel toes together to the right
- 3&4 Swivel to the right together heels, toes, heels
- 5-6 Swivel heels together to the left, swivel toes together to the left
- 7&8 Swivel to the left together heels, toes, heels

LOCK STEP, SHUFFLE, STEP & TURN, SHUFFLE

- 1 Step forward on the right foot
- 2 Slide the left foot forward and lock behind the right foot
- 3&4 Shuffle forward right, left right
- 5 Step forward on the left foot
- 6 Pivot ¹/₂ turn to the right taking weight on the right foot
- 7&8 Shuffle forward left, right, left

REPEAT