Waves (P)

拍數: 32

級數: Improver Partner

編舞者: Lynne Flanders (USA)

音樂: Wave On Wave - Pat Green

Alternative music: "Drinks after work" by Toby Keith

Position: Cape/Sweetheart/Side by side, Keep hands joined through entire dance

WALK, WALK, RIGHT STEP-LOCK-STEP

- 1-2 Step forward on right foot, step forward on left foot
- 3&4 Step forward on right foot, on & slide left foot up behind right, step forward on right foot

WALK, WALK, LEFT COASTER-STEP

- 5-6 Step forward on left, step forward on right
- 7&8 Step forward on left, on & step right foot beside left, step back on left

TOE, TURN, KICK, RIGHT BACKWARDS LOCK-STEP

- Touch right toe behind you, on & turn 1/2 turn to right keeping weight on left foot, kick right foot 1&2 slightly forward
- 3&4 Step back on right, on & slide left foot back until crossed in front of right foot, step back on right

BACK, BACK, LEFT COASTER-STEP

- 5-6 Step back on left, step back on right
- 7&8 Step back on left, on & step right foot beside left, step forward on left

STEP, ¼ PIVOT LEFT, CROSSING SHUFFLE LEFT

- Step forward on right, pivot body 1/4 turn toward left switching weight to left foot 1-2
- 3&4 Cross right foot over left, on & step left foot out to left side, cross right foot over left

SHUFFLE LEFT, CROSS, UNWIND ¼ TURN

5&6 Step left foot out to left side, on & step right foot next to left, step left foot out to left side 7-8 Cross right foot over left, pivot body 1/4 turn to left shifting weight to left foot

4 FORWARD SHUFFLES

- 1&2 Step forward on right, on & slide left foot beside right, step forward on right
- 3&4 Step forward on left, on & slide right foot beside left, step forward on left
- 5-8 Repeat 1-4

REPEAT





牆數: 0