

Faded

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Marilynne Delurey (CAN)
音樂: Faded - Soul Decision



HEEL & HEEL & WALK, WALK, RIGHT TOE ¼TURN, RIGHT KNEE ROLL

- 1&2 Touch right heel forward, quickly step back on right and touch left heel forward, quickly step back on left
- &3-4 Walk forward right, walk forward left
- 5-6 Bring right toe beside left instep then make a ¼turn to the right (weight still on left)
- 7&8 Roll right knee twice (to the right) put weight on right

LEFT KNEE ROLL, RIGHT HEEL FORWARD, RIGHT TOE BACK, ½ TURN STEP BACK RIGHT, LEFT AND BODY ROLL

- 9&10 Roll left knee twice (to the left) put weight on left
- 11-12 Right heel forward, right toe back
- 13-14 ½ turn right
- 15&16 Step back right, then left, body roll, (when stepping back start to roll your body upwards, moving from legs to head)

SIDE SHUFFLE RIGHT AND LEFT, ROCK AND CROSS RIGHT, ROCK AND CROSS LEFT, ¼ TURN

- 17&18 Side shuffle right, left, right
- 19&20 Side shuffle left, right, left
- 21&22 Rock forward on right recover weight on left, step on right
- 23&24 Rock forward on left recover weight on right, step on left making a ¼ turn to the left

¼, ¼ PADDLE TURN LEFT KICK AND CROSS SIDE SHUFFLE RIGHT, & ¼ TURN, COASTER

- 25&26& Paddle turn (point right toe out to right side, push off with right foot, hitch right leg up while making a ¼ turn to the left)
- 27&28 Kick right foot forward, cross left over right
- 29&30 Side shuffle right, left, right making a ¼ turn left
- 31&32 Coaster back, left foot back, right foot back, left foot forward,

REPEAT