

拍數: 48 牆數: 4 級數: Improver
編舞者: Margaret Piwowar (USA) & Pat Aitchison (USA)
音樂: Groove It - Ronnie Beard



This dance is dedicated to a good friend of ours, Judean Owen, owner of Country&More

WALK FORWARD RIGHT, LEFT, RIGHT, LEFT, RIGHT SAILOR STEP, LEFT SAILOR STEP

1-4 Walk forward right, left, right, left
5&6 Step right foot behind left step left on left foot step on right weight on right
7&8 Step left behind right step right on right foot step on left weight on left

WALK BACK RIGHT, LEFT, RIGHT, LEFT, RIGHT SAILOR STEP, LEFT SAILOR STEP

1-4 Walk back right left right left
5&6 Step right foot behind left step left on left foot step on right weight on right
7&8 Step left behind right step right on right foot step on left weight on left

RIGHT KICK BALL CHANGE, ½ TURN, ROLL FORWARD, FORWARD SHUFFLE RIGHT, LEFT, RIGHT

1&2 Kick right foot forward, step on ball of right change weight to the left foot
3-4 Step forward on right making ½ turn left weight left
5-6 Step forward on right making ½ turn left weight on left, turn ½ left
7&8 Step forward right bring left next to right keep weight on left step forward on right

ROCK FORWARD LEFT, LEFT COASTER, ½ VINE RIGHT, LEFT, SIDE SHUFFLE RIGHT, LEFT, RIGHT

1-2 Rock forward on left recover on right
3&4 Step left back then right back, then left forward keeping weight on left
5-6 Step on right step left behind right
7&8 Step to the side with right step left together step right

CROSS ROCK RIGHT, SIDE SHUFFLE LEFT WITH A LEFT, RIGHT, ¼ TURN LEFT, ROLL FORWARD ½ TURN ½TURN, FORWARD SHUFFLE RIGHT, LEFT, RIGHT

1-2 Cross rock left foot over right recover on right weight on right
3&4 Step on left step right next left ¼ turn left with left foot weight on left
5-6 Step forward on right making ½ turn left weight on left ½turn left
7&8 Step forward right bring left next to right keep weight on left step forward on right

ROCK FORWARD LEFT, LEFT COASTER, BODY ROLL RIGHT, BODY ROLL LEFT TOUCH RIGHT FOOT HOME

1-2 Step forward on left recover on right weight on right
3&4 Step left back then right back, then left forward keeping weight on left
5-6 Step right foot out to the right roll shoulder out to the right then right hip
7-8 Roll shoulder out to the left then home while bringing right foot next to left with a touch

REPEAT