

Calm Before The Storm

拍數: 32 牆數: 4 級數: Improver
編舞者: Steve Rutter (UK) - January 2008
音樂: Have You Ever Seen the Rain - Creedence Clearwater Revival : ("Evan Almighty"
Soundtrack or "Chronicle: 20 Greatest Hits")



Music Suggestions:

"Have You Ever Seen The Rain" By Rod Stewart (115 B.P.M) from "Still The Same...Great Rock Classics Of Our Time" album (24 Count intro').

(24 Count Intro').

Section 1-Toe Touch, Kick, Step Back, Coaster Step, Forward Rock, Shuffle ½ Turn Right.

1-2 Touch Right toe beside left, kick right forward.
3 Step back on right.
4&5 Step back on left, close right beside left, step forward on left.
6-7 Rock forward on right, recover weight back onto left.
8&1 Make a half turn right stepping on right, left, right.

Section 2-Side Rock, Crossing Shuffle, Side Rock, Sailor ¼ Turn Right.

2-3 Rock left to left side, recover weight onto right.
4&5 Cross left over right, step right to right side, cross left over right.
6-7 Rock right to right side, recover weight onto left.
8&1 Cross right behind left, make a quarter turn right stepping left beside right, replace weight onto right.

Section 3-Forward Rock, Shuffle ½ Turn Left, Toe Touch, Kick, Weave.

2-3 Rock forward on left, recover weight back onto right.
4&5 Make a half turn left stepping on left, right, left.
6-7 Touch right toe beside left, kick right foot forward to right diagonal.
8&1 Cross right behind left, step left to left side, cross right over left.

Section 4-Toe Touch, Kick, Weave, Bounce ½ Turn Right, Side Rock.

2-3 Touch left toe beside right, kick left forward to left diagonal.
4&5 Cross left behind right, step right to right side, cross left over right.
6-7 Make a quarter turn right bouncing heels, make a quarter turn right bouncing heels (Weight On Left).
8& Rock right to right side, recover weight onto left.

Begin Again.