Slave To The Music



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Tina Argyle (UK) - October 2011

音樂: Slave to the Music - James Morrison



Count In: 16 counts from start of track - start dancing with lyrics.

O = -4! 4 D! L-4 M	b - Fd Otan b I.	Sweep, Behind Side Cross,	Olda Daala Assas	0 0
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1&2 Rock fwd onto right. Recover weight onto left. Step back right.

Sweep left round. Cross left behind right.Step right to right side. Cross left over right.

5&6 Rock right to right side, recover. Cross right over left.

&7 Step left to left side. Cross right over left.&8 Step left to left side. Cross right over left.

Section 2. Side Rock ¼ Turn. ½ Turn. Hitch. Coaster Step. Mambo Fwd. & Side & Behind Side Cross.

1& Rock left to left side. ¼ turn right recovering weight fwd onto right. (3.00)

2& ½ turn right stepping back left. Hitch right knee.(9.00)

3&4 Step back right. Step back left. Step fwd. right.

5& Rock fwd. left, recover onto right.

6& Rock left to left side, recover weight onto right.

7&8 Cross left behind right. Step right to right side. Cross left over right.

Section 3. Rocking Monterey ½ Turn. Mambo Fwd. Triple Full Turn (or Left Coaster Step)

1 - 2 Rock right to right side, recover weight onto left.
& Make ½ turn right stepping right next to left. (3.00)

3 - 4 Rock left to left side, recover weight onto right.

& Step left at side of right.

5&6 Rock fwd right, recover weight onto left. Step back right.

7&8 Make a triple full turn left on the spot stepping left, right, left OR a left coaster step.

Section 4. Switching Side Rocks right then left. Mambo Fwd. Triple Full Turn (or Left Coaster Step).

1 - 2 Rock right to right side, recover weight onto left.

& Step right at side of left.

3 - 4 Rock left to left side, recover weight onto right.

& Step left at side of right.

5&6 Rock fwd right, recover weight onto left. Step back right.

7&8 Make a triple full turn left on the spot stepping left, right, left OR a left coaster step.

Tag; End of Wall 7 Repeat Sections 3 & 4 then start from beginning of dance (Section 1.)

Enjoy and set your soul free!!!!!!