No Man's Land



拍數: 32 編數: 2 級數: Intermediate

編舞者: Ria Vos (NL) - July 2013

音樂: No Man's Land - Leanne Mitchell



Intro: 8 Counts (± 10 sec)

		4/5		
Side Behind 1/4	R M R Sallo	r 74 R Full Lurn I	Step Back	Coaster Cross

1-2& Step R to R Side, Step L Behind R, 1/4 Turn R Step Fwd on R (3:00)

3-4& 1/2 Turn R Step L to L Side, Step R Behind L Turning 1/4 Turn R, Step L Next to R (9:00)

5-6 Step Fwd on R, Pivot ½ Turn L (weight on L) (3:00)

&7 Turn another ½ Turn L Small Step Back on R, Small Step Back on L (9:00)

8&1 Step Back on R, Step L Next to R, Step R Fwd and Across L

Side Rock-Cross, ¼ L, ½ L, Point, ½ R Sweep, Cross, Side, Cross

2&3 Rock L to L Side, Recover on R, Step L Fwd and Across R (count 2&3: moving Fwd)

4&5 1/4 Turn L Step Back on R, 1/2 Turn L Step Fwd on L, Point R to R Side (12:00)

6-7 ¼ Turn R Step Fwd on R Sweeping L into another ¼ Turn R, Cross L over R (6:00)

8& Step R to R Side, Cross L Over R

Basic R, Side, Behind, 1/4 L, Side, Behind, Side, Cross Rock, Side Rock, Behind-Sweep

1-2& Step R to R Side, Rock Back on L, Recover on R

3-4& Step L to L Side, Step R Behind L, ¼ Turn L Step Fwd on L (3:00)

5-6& Step R to R Side, Step L Behind R, Step R to R Side

7& Cross Rock L Over R, Recover on R

8&1 Rock L to L Side, Recover on R, Step L Behind R Sweeping R from Front to Back

Rock Back, Step Pivot ¾ Turn L, Side, Touch, Back, Kick, Ball, Cross

2-3 Rock Back, Recover on L

4& Step Fwd on R, Pivot ³/₄ Turn L (6:00)

***Restart and Tag Point

5-6 Step R to R Side, Turn Body L Point L to L Diagonal

7 (Straighten Body) Step L Back to L Side

&8& Kick R Fwd to R Diagonal, Step R Next to L, Cross L Over R

Restart: On 1st Wall after count 28 (6:00)

Tag & Restart: On Wall 6 after count 28 add:

1-2 Step and Sway R, Sway L

Restart dance from count 1 (12:00)