Listen to the Rhythm

級數: Intermediate

編舞者: May Wah Ong (MY) - July 2013

音樂: Rhythm of the Rain - Dan Fogelberg : (4.24)

拍數: 32

[1-8] Wizard R, Wizard L, R Cross Rock, Back Rocking Chair

- 1-2& Step R foot diagonally right (1), Step ball of L foot behind R foot (2), Step R foot diagonally right (&)
- 3-4& Step L foot diagonally left(3), Step ball of R foot behind L foot (4), Step L foot diagonally left (&)555
- 5 -6 Cross rock R over L, recover on L
- 7&8& Cross rock R behind L, Recover weight onto L, Cross rock R over L, Recover onto L [12]

[9 - 16] Chasse R turning ¼ R, Turn ¼ R, Cross shuffle ,Step R, Cross , Back , L Mambo Touch

- 1&2 Step R to right, step L next to R, turn ¼ right stepping fwd on R [3]
- & Stationary pivot turn ¼ right on R, keeping L toe close to R [6]
- 3&4& Cross step L over R, step R to R, Cross step L over R, step R to R
- 5 -6 Cross step L over R, Step back on R
- 7&8 Rock back on L, Recover on to R, Touch L next to R

[17 – 24] Rhumba Box fwd, Rhumba Box back , Back rock, Recover, Shuffle forward

- 1&2 Step L to left, Step R next to L, Step forward on L
- 3&4 Step R to right, Step L next to L, Step back on R
- 5 6 Rock back on L, Recover onto R
- 7&8 Shuffle forward, LRL

[25 – 32] Bump forward, Bump R , Step back , Step L turning ¼ left, Cross, Sweep L, Cross L, Weave to right

- 1 &2& Touch R fwd bumping hip up, Recover to centre, Bump hip to R, Recover to centre (like a Cbump)
- 3 & 4 Step back on R, Turning ¼ left, step L to left, cross R over L [3]
- 5 -6 Sweep L from behind , Cross L over R
- 7&8& Step R to right, Cross L behind R, Step R to right, Cross L over R

Start again

Note: No tags, No restarts! Yeh!

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牆數:4