River Bank

拍數: 48

級數: Improver

編舞者: Jill Weiss (USA) - May 2014

音樂: River Bank - Brad Paisley

Start on lyrics (16 counts after Brad says "Here we go")

R HEEL HOOK SHUFFLE, L HEEL HOOK SHUFFLE

- 1-2 Tap R heel forward, hook in front of left leg
- 3&4 Shuffle diagonally forward right-left-right (1:00)
- 5-6 Tap L heel forward, turning to face 11:00, hook in front of right leg
- 7&8 Shuffle diagonally forward towards 11:00

CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SHUFFLE ¼ LEFT

- 1-2 Cross rock right over left, recover left squaring off to 12:00
- 3&4 Side shuffle R-L-R
- 5-6 Cross rock left over right, recover to left
- 7&8 Shuffle ¼ turn left L-R-L (9:00)

(Restart here on Wall 6, you will be facing back wall at restart)

STOMP OUTS, HIP BUMPS/SWAYS

- Stomp out right, hold, stomp out left, hold 1-2-3-4
- 5-6-7-8 Bump/Sway R-L-R-L, weight ending on L

SIDE ROCK, SYNC. VINE, BIG STEP, DRAG

- 1-2 Side rock right, recover left
- 3&4 Step right behind left, step left side, cross right in front of left
- 5 Big step side left with L
- 6-7-8 Slowly drag R next to L

LINDY SHUFFLE RIGHT, LINDY SHUFFLE LEFT

- 1&2 Side shuffle right R-L-R
- 3-4 Rock back on L, recover R
- 5&6 Side shuffle left L-R-L
- 7-8 Rock back on R, recover L

STEP, HOLD/CLAP, TWIST, HOLD/CLAP, LINDY SHUFFLE LEFT

- 1-2 Step side R (at slight angle right 1:00), hold and clap
- 3-4 Twist both feet left (toes now slightly angled left 11:00, be sure to keep weight on R!), hold and clap
- Side shuffle left L-R-L, Rock back on R, recover L (body is again slightly angled right to 1:00, 5&6-7-8 ready to start again)

1 Restart: Begin Wall 6, dance first 16 counts, Restart after 1/4 shuffle to back wall

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