

Tävlingskoreografi till East Heart Competition
Tävlingsdatum 14 april 2018

Dans A

1159

Rachael McEnaney-White

Beskrivning: 32 Count, 4 Wall, West Coast Swing Linedance
Nivå: Starter
Musik: "11:59 (Central Standard Time)" - The Railers (110 BPM) (*Special edit!*)

RIGHT ROCKING CHAIR, RIGHT SHUFFLE, STEP, 1/4 TURN RIGHT

1-2 Rock R forward. Recover onto L.
3-4 Rock R back. Recover onto L.
5&6 Step R forward. Step L beside R. Step R forward.
7-8 Step L forward. Make 1/4 turn right and take weight on R. [3:00]

LEFT CROSS, RIGHT SIDE, LEFT BEHIND, RIGHT SIDE, LEFT CROSS ROCK, 1/4 TURN LEFT SHUFFLE

1-2 Cross L over R. Step R to side.
3-4 Cross L behind R. Step R to side.
5-6 Rock L over R. Recover onto R.
7&8 Make 1/4 turn left and step L forward. Step R beside L. Step L forward. [12:00]

RIGHT SHUFFLE, LEFT SHUFFLE, RIGHT JAZZ BOX 1/4 TURN RIGHT

1-2 Step R forward. Step L beside R. Step R forward.
3-4 Step L forward. Step R beside L. Step L forward.
5-6 Cross R over L. Make 1/4 turn right and step back on L. [3:00]
7-8 Step R to side. Cross L over R

RIGHT SIDE ROCK, RIGHT BEHIND, LEFT SIDE, RIGHT CROSS, LEFT SIDE ROCK, LEFT COASTER STEP

1-2 Rock R to right side. Recover onto L.
3-4 Cross R behind L. Step L to side. Cross R over L.
5-6 Rock L to left side. Recover onto R.
7-8 Step L back. Step R beside L. Step L forward.