

Le Lac

Count: 32

Wand: 4

Ebene: Easy Intermediate - WCS

Choreograf/in: David Linger (FR) - November 2016

Musik: Le lac - Julien Doré : (Album: &, track 4)



Start of dance : after 4x8 counts, on the word « Nord » at 16 seconds...

« La Madone au NORD, et le lac se dessine... »

Step Forward, Together, Coaster Step, Step ½ Turn, ¼ Turn Side Triple

- 1 – 2 Step forward on Rf, step Lf together
- 3 & 4 Step backward on Rf (on the ball) , close Lf next to Rf (on the ball) , step forward on Rf
- 5 – 6 Step forward on Lf, ½ turn R side (6:00) and weight on Rf
- 7 & 8 ¼ turn R side (9:00) and chasse (L-R-L) L side

Cross, Side, Cross Triple, ¼ Turn Left with Rock Forward, Recover, Coaster Step

- 1 – 2 Cross Rf behind Lf, step L to L side
- 3 & 4 Cross Rf over Lf, step L to L side, Cross Rf over Lf
- 5 – 6 ¼ turn L side (6:00) and step Lf (rock) forward, recover on Rf
- 7 & 8 Step back on Lf (on the ball) , close Rf next to Lf (on the ball) , step forward on Lf

Step ½ Turn Left, Kick, Step, Point, 2 Walks, Kick, Step, Point

- 1 – 2 Step Rf forward, ½ turn L side (12:00) and weight on Lf
- 3 & 4 Kick Rf, step Rf forward, point Lf on L side
- 5 – 6 2 walks (L-R) forward
- 7 & 8 Kick Lf, step Lf forward, point Rf on R side

Rock Forward, Recover, Pivot ½ Turn Right, Pivot ¼ Turn Right, 2 Sailor Steps

- 1 – 2 Step Rf (rock) forward, recover on Lf
- 3 – 4 ½ turn R side (6:00) and step Rf forward, ¼ turn R side (9:00) and step Lf on L side
- 5 & 6 Step Rf (on the ball) behind Lf, step Lf (on the ball) on L side, step Rf on R side
- 7 & 8 Step Lf (on the ball) behind Rf, step Rf (on the ball) on R side, step Lf on L side

BE COOL, SMILE & HAVE FUN !!!

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