

# The Chamber

拍数: 100      墙数: 4      级数: Phrased Advanced  
编舞者: Martine Chardéron (FR) - October 2014  
音乐: The Chamber - Lenny Kravitz : (Album: Strut - Bonus Track Version)



Intro: 64 Counts (±32 sec)

Sequence: □AA B Tag(16 temps) AA BB A C BBB (after 3rd B you can fade the music)

## Part A - 32 counts

**A1: R Kick-Ball-L Point L, L Kick-Ball-R Point R, R Cross over L, ¼ Turn R, ¼ Turn R, R Side Shuffle**

1&2      Kick R Fwd, Step R Slightly Fwd, Point L to L side  
3&4      Kick L Fwd, Step L Slightly Fwd, Point R to R side  
5-6      Cross R Over L, ¼ Turn R Stepping Back on L  
7&8      ¼ Turn R Stepping R to R Side, Step L Next To R, Step R to R Side

**A2: L Cross Rock, &Together, R Cross Rock, R Coaster Step, Walk, Walk**

1-2&      Rock L Across R, Recover on R, Step L Next to R  
3-4      Rock R Across L, Recover on L  
5&6      Step Back on R, Step L Next to R, Step Fwd on R  
7-8      Walk, Walk (L, R)

**A3: Samba Step L, Samba Step R, L Rock Fwd, L Lock Step Back**

1&2      Cross L Over R, Rock R to R side, Recover on L  
3&4      Cross R Over L, Rock to L side, Recover on R  
5-6      Rock L Fwd, Recover on R  
7&8      Step L Back, Lock R over L, Step L Back

**A4: Rocking Chair, Triple ½ Turn R, ¼ Pivot R, Cross**

1-2-3-4      Rock R Back, Recover on L, Rock R Fwd, Recover on L  
5&6      ¼ Turn R Stepping R to R Side, Step L Next to R, ¼ Turn R Stepping R Fwd  
7&8      Step L Fwd, Pivot ¼ Turn R, Cross L Slightly Over R

## Part B - 32 counts

**B1: R Heel Grind, R Coaster Step, Full Turn R, Pivot ½ Turn R, Step L Fwd**

1-2      Grind R Heel in front of L, Step L Behind R  
3&4      Step R Back, Step L Next to R, Step R Fwd  
5-6      ½ Turn R Stepping L Back, ½ Turn R Stepping R Fwd  
7&8      Step L Fwd, ½ Pivot R, Step L Fwd

**B2: R Heel Grind, R Coaster Step, Full Turn R, Pivot ½ Turn R, Step L Fwd**

1-2      Grind R Heel in front of L, Step L Behind R  
3&4      Step R Back, Step L Next to R, Step R Fwd  
5-6      ½ Turn R Stepping L Back, ½ Turn R Stepping R Fwd  
7&8      Step L Fwd, ½ Pivot R, Step L Fwd

**B3: Extended R Diagonal Shuffle Fwd, L Sailor Step, R Sailor Step, ½ Turn R Fwd**

1&2&3      Step R Fwd to R Diagonal R, Step L Next to R, Step R Fwd to R Diagonal, Step L Next to R,  
Step R Fwd to R Diagonal  
4&5      Cross L behind R, Step R to R, Step L to L  
6&7      Cross R behind L, ¼ Turn R Stepping L Back, R Step to R  
8      L Step Fwd with ½ Turn R (weight on L)

**B4: R Shuffle Fwd, L Mambo Rock Fwd, Back, L Coaster Step, & Together, L Step Fwd**

1&2 Step R Fwd, Step L Next to R, Step R Fwd  
3&4 Rock L Fwd, Recover on R, Step L Next to R  
5 Step R Back  
6&7 Step L Back, Step R Next to L, Step L Fwd  
&8 Step R Next to L, Step L Fwd

**Part C - 36 counts**

**C1: ½ R Monterey Turn**

1-2 Point R to R Side, ½ turn R on L and Step R Next to L  
3-4 Point L to L Side, Step L Next to R

**C2: Toe Swtches, R Rock Fwd, Triple ½ Turn R, L Side Rock, Cross**

1&2& Point R to R Side, Step R Next to L, Point L to L Side, Step L Next to R  
3-4 Rock R Fwd, Recover on L  
5&6 ¼ Turn R Stepping R to R Side, Step L Next to R, ¼ Turn R Stepping R Fwd  
7&8 Rock L to L Side, Recover on R, Cross L over R

**C3: Syncopated Weave, ¼ Turn L, R Step Fwd, L Shuffle Fwd**

1-2&3-4 Step R to R Side, Cross L Behind R, Step R to R Side, Cross L Before R, Step R to R Side  
5-6 ¼ Turn L Stepping L to L Side, Step R Fwd  
7&8 Step L Fwd, Step R Next to L, Step L Fwd

**C4: Toe Switches, R Rock Fwd, Triple ½ Turn R, Pivot ½ turn R, L Step Fwd**

1&2& Point R to R Side, Step R Next to L, Point L to L Side, Step L Next to R  
3-4 Rock R Fwd, Recover on L  
5&6 ¼ Turn R Stepping R to R Side, Step L Next to R, ¼ Turn R Stepping R Fwd  
7&8 Step L Fwd, ½ Pivot R, Step L Fwd

**C5: Heel Switches, R Rock Fwd, Together, Kick, Kick, Kick, R Rock Back**

1&2& Touch R Heel Fwd, Step R Next to L, Touch L Heel Fwd, Step L Next to R  
3-4& Rock R Fwd, Recover on L, Step R Next to L  
5&6& Kick L Fwd, Step L Next to R, Kick R Fwd, Step R Next to L  
7& Kick L Fwd, Step L Next to R  
8& Rock R Back, Recover on L

**TAG - 16 counts after first time Part B**

**Mambo Rock Fwd, Mambo Rock Back, R Mambo Rock, L Mambo Rock**

1&2 Rock R Fwd, Recover on L, Step R Next to L  
3&4 Rock L Back, Recover on R, Step L Next to R  
5&6 Rock R to R Side, Recover on L, Step R Next to L  
7&8 Rock L to L Side, Recover on R, Step L Next to R

**Walk Around Turning L Ending at Front Wall (1¼ turn)**

1-2 Walk R, Walk L  
3-4 Walk R, Walk L  
5-6 Walk R, Walk L  
7-8 Walk R, Walk L

**Note: At the end of the dance, after the third time Part B (3min 58 sec), you can fade the music**

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