

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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Last Update – 27th Oct 2014
