

Hallucination

拍数: 32 墙数: 2 级数: High Intermediate
编舞者: Vincent Albert - February 2015
音乐: Just a Dream - Carrie Underwood



Intro: 16 counts in (approx. 16 sec)

Notes: There are 4 Restarts in this dance - Wall 2, 4, 6 and 8.

#1 (1-8) □ R Cross, L Side Rock Cross with R Sweep, 1/8 (L) with R Forward Rock & Recover, R Back & L Hitch, L-R-L Curvature Run 3/8 (L), R Side Rock Cross □

- 1 Weight on LF: Cross RF over LF (1) – body is slightly facing at L diagonal □ 11.00
2&3 Rock LF to L side squaring up to the original wall (2), recover weight on RF (&), cross LF over RF making RF sweep from back to front (3) – prep for L turn □ 12.00
4&5 Turn 1/8 L rocking RF forward (4), recover weight on LF (&), step RF back lifting L knee up (5) □ 11.00
6&7 Turn 1/8 L running LF forward (6), turn 1/8 L running RF forward slightly crossing over LF (&), turn 1/8 L running LF forward (7) – running in an arch □ 6.00
8&8 Rock RF to R side (&), recover weight on LF (8), cross RF over LF (&) *** □ 6.00

Restart: Wall 4. Change the last step to 'Touch R toes beside LF (&)', facing 6.00 o'clock.

#2 (9-16) □ Spiral 3/4 (R), R-L Run Forward, R Forward Lunge, Recover 1/2 (R) with R Forward & L Passe 1/2 (R), L Forward Rock 1/4 (L), R Point, R Rolling Vine (R) □

- 1 Weight on LF: Turn 1/4 R stepping LF back and execute another 1/2 R on ball of LF ended with RF crossing over LF (1) □ □ 3.00
2&3 Run forward on RF (2), run forward on LF (&), press RF forward (3) □ 3.00
4&5 Recover weight on LF (4), turn 1/2 R stepping RF forward (&), turn another 1/2 R on ball of RF placing LF next to R ankle (5) □ □ 3.00
6&7&8 Rock LF forward (6), recover weight on RF (&), turn 1/4 L stepping LF to L side (7), point R toes to R side (&) *** □ 12.00

Restart: Wall 8. Instead of turning, 'Touch R toes beside LF (8), point R toes to R side (&)', facing 6.00 o'clock.

- 8& Turn 1/4 R stepping RF forward (8), turn 1/2 R stepping LF back (&) □ 9.00

#3 (17-24) □ Completing Rolling Vine (R), L Cross Rock 1/4 (L), R Pivot 3/4 (L), R Side, L Weave, L Cross Rock Side, R Cross □

- 1 Weight on LF: Turn 1/4 R stepping RF to R side (1) □ 12.00
2&3 Cross rock LF over RF (2), recover weight on RF (&), turn 1/4 L stepping LF forward (3) □ 9.00
4&5 Step RF forward (4), turn 3/4 L over L shoulder (&), take a big step on RF to R side (5) □ 12.00
6&7&8 Cross LF behind RF (6), step RF to R side (&), cross rock LF over RF (7), recover weight on RF (&) □ 12.00
8& Step LF to L side (8), cross RF over LF (&) *** □ 12.00

Restart: Wall 2 and 6. Change the last step to 'Lift R knee up (&)'. Wall 2 – 6.00 o'clock, Wall 6 – 12.00 o'clock.

#4 (25-32) □ 1/4 (R) with L Back, R Developpe 1/2 (R), R Forward, L Forward Rock 1/4 (L), R Cross Unwind Full Turn (L), R-L Body Sway □

- 1 Turn 1/4 R stepping LF back (1) □ 3.00
2&3 Flick RF back (2), turn 1/2 R on ball of LF making RF draw a circle from L to R and slightly lifting R knee up (&), step RF forward (3) □ 9.00
4&5 Rock LF forward (4), recover weight on RF (&), turn 1/4 L stepping LF to L side (5) □ 6.00
6& Cross RF over LF (6), make a full turn L over L shoulder ended with both feet close together (&) – no weight □ 6.00
7-8 Both feet are apart: Sway body to R side (7), sway body to L side (8) □ 6.00

Contact: vincentalbert1993@gmail.com

Last Update - 7th March 2015
