

Donegal Waltz

拍数: 96 墙数: 2 级数: Intermediate
编舞者: Vincent Dijks - Versteegh (NL) - March 2015
音乐: Home To Donegal - Lisa McHugh : (Album: A Life That's Good)



Info: Intro 24 counts from the beat

S1: Fwd, Side Rock Recover (x2)

- 1 LF □ step forward
- 2 RF □ side rock
- 3 LF □ recover
- 4 RF □ step forward
- 5 LF □ side rock
- 6 RF □ recover

S2: Fwd, Slow Kick Fwd, Back, ½ Turn Left Fwd, Fwd

- 1 LF □ step forward [12]
- 2-3 RF □ slow kick forward
- 4 RF □ step backward
- 5 LF □ ½ turn left, step forward
- 6 RF □ step forward

S3: Fwd, ½ Turn L Back, Back, Basic Back

- 1 LF □ step forward
- 2 RF □ ½ turn left, step backward
- 3 LF □ step backward
- 4 RF □ step backward
- 5 LF □ step beside
- 6 RF □ step beside [12]

S4: Twinkle, Twinkle ½ Turn R

- 1 LF □ cross over
- 2 RF □ step side
- 3 LF □ step beside
- 4 RF □ cross over
- 5 LF □ ¼ turn right, step backward
- 6 RF □ ¼ turn right, step side [6]

S5: Fwd, Sweep, Cross, Side, Behind

- 1 LF □ step forward
- 2-3 RF □ sweep forward
- 4 RF □ cross over
- 5 LF □ step side
- 6 RF □ cross behind

S6: ¼ Turn L Fwd, Sweep, Cross, Side, Behind

- 1 LF □ ¼ turn left, step forward
- 2-3 RF □ sweep forward
- 4 RF □ cross over
- 5 LF □ step side
- 6 RF □ cross behind [3]

S7: Side, Sway L R

- 1-3 LF □ step side, sway left
- 4-6 RF □ recover, sway right

S8: Twinkle ¼ Turn L, Full Turn Right Fwd

- 1 LF □ cross over
- 2 RF □ ¼ turn left, step back
- 3 LF □ step beside
- 4 RF □ step forward
- 5 LF □ ½ turn right, step back
- 6 RF □ ½ turn right, step forward [12]

S9: Across, Point, Hold, Behind, Point, Hold

- 1 LF □ step forward
- 2 RF □ point
- 3 hold
- 4 RF □ step behind
- 5 LF □ point
- 6 hold

S10: Sailor x 2

- 1 LF □ cross behind
- 2 RF □ step beside
- 3 LF □ step side
- 4 RF □ cross behind
- 5 LF □ step beside
- 6 RF □ step side

S11: Twinkle ½ Turn L, Twinkle

- 1 LF □ cross over
- 2 RF □ ¼ turn left, step backward
- 3 LF □ ¼ turn left, step side
- 4 RF □ cross over
- 5 LF □ step side
- 6 RF □ step beside [6]

S12: Twinkle ½ Turn L, Twinkle

- 1 LF □ cross over
- 2 RF □ ¼ turn left, step backward
- 3 LF □ ¼ turn left, step side
- 4 RF □ cross over
- 5 LF □ step side
- 6 RF □ step beside [12]

S13: Basic Fwd, Basic Back

- 1 LF □ step forward
- 2 RF □ close
- 3 LF □ beside
- 4 RF □ step backward
- 5 LF □ close
- 6 RF □ step beside

S14: Fwd ½ Turn L, Basic Back

- 1 LF □ step forward
- 2 RF □ ¼ turn left, step beside

- 3 LF □ ¼ turn left, step beside
- 4 RF □ step backward
- 5 LF □ step beside
- 6 RF □ step beside [6]

S15: Fwd, Slow Kick, Cross, Back, Side

- 1 LF □ step forward
- 2-3 RF □ slow kick forward
- 4 RF □ cross over
- 5 LF □ step backward
- 6 RF □ step side

S16: Fwd, Slow Kick, Cross, Back, Side

- 1 LF □ step forward
- 2-3 RF □ slow kick forward
- 4 RF □ cross over
- 5 LF □ step backward
- 6 RF □ step side

Start over again

Restart: On wall 5 after count 48 (section 8) start over again [12].

Ending: The music in the 6th wall is slightly slower.

Adjust the dance tempo thereupon to and dance till count 72 (count 6 of the 12th block) and finish with:

- 1 LF cross over [12]

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