

Caledonia

拍数: 51 墙数: 0 级数: Phrased Intermediate waltz
编舞者: Nicola Lafferty (UK) - April 2015
音乐: Caledonia - Ward Thomas : (Album: From Where We Stand)



Intro: □□ 12 Count Intro

Note: □□ Sequence of the dance is A A B B Tag A A B B B A A B to finish
It sounds complicated – but A is the verse and B is the Chorus

Part A (Verse - 27 Counts):

[1-6] □□ Syncopated Weave, Cross Check

1& Cross LF over RF, Step RF to R side
2,3 Cross LF behind RF, Step RF to R side
4,5,6 Cross rock LF over RF, Recover weight to RF, Step LF to L side

[7-12] □□ Twinkle with ½ Turn, Cross Unwind, Sweep

1,2,3 Cross RF over LF, make a ¼ turn to R stepping LF back, make ¼ turn to R stepping RF to R side (face 6.00)
4,5,6 Cross LF over RF, Unwind a full turn to R (keeping weight on LF), Sweep RF round from front to back

[13-18] □□ Step Back, Side Rock Recover, Step Back Point and Hold

1,2,3 Step RF back, Rock LF to L side, recover weight to RF
4,5,6 Step LF back, Point RF to R side, Hold

[19-24] □□ Full turn travelling fwd, Step fwd, Step ½ Pivot Left

1,2,3 Step RF fwd, make ½ turn R stepping LF back, make ½ turn R stepping RF fwd
4,5,6 Step LF fwd, Step RF fwd, ½ pivot turn L transferring weight to LF (face 12.00)

[25-27] □□ Slow ½ Turn to Right

1,2,3 Making ½ turn over your R shoulder, slowly transfer the weight from L to R

Part B (Chorus - 24 Counts):

[1-6] □□ Left Box into a Side Chasse

1,2,3 Step LF fwd, Step RF to R side, Close LF to RF
4,5&6 Step RF back, Step LF to L side, Close RF to LF, Step LF to L side

[7-12] □□ Right Box into a Side Chasse

1,2,3 Step RF fwd, Step LF to L side, Close RF to LF
4,5&6 Step LF back, Step RF to R side, Close LF to RF, Step RF to R side

[13-18] □□ Twinkle, Lock step with ½ Turn Right

1,2,3 Cross LF over RF, Step RF to R side, Step LF to L diagonal
4,5&6 Step RF fwd, making ½ turn over R shoulder, Step LF back, Lock RF in front of LF, Step LF a small step back (face 6.00)

[17-24] □□ Basic Fwd, Step fwd, ½ Turn to Left, Hold

1,2,3 Walk Fwd RF, LF, RF
4,5,6 Step LF fwd, make ½ Turn to L closing RF to LF, Hold

Tag (6 Counts):

[1-6] □□ 2 x Cross Checks

1,2,3 Cross rock LF over RF, recover weight to RF, Step LF to L side
4,5,6 Cross rock RF over LF, recover weight to LF, Step RF to R side

