

Gold

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Darren Bailey (UK) & Fred Whitehouse (IRE) - June 2015
音乐: Gold - Andrey Triana



Intro - Start on the Lyric 'Knows' after about 11 secs

Walk x2 (R,L), R Mambo Forward, Walk Back x2 (L,R), L Coaster Touch.

1-2 Step forward on Rf, Step forward on Lf
3&4 Rock forward on Rf, Recover onto Lf, Step back on Rf
5-6 Step back on Lf, Step back on Rf
7&8& Step back on Lf, close Rf next to Lf, Point Lf to L side, Close Lf next to Rf

Switches, R, Forward, Step forward, Twist and Slide, L Sailor, Syncopated Weave.

1&2& Point Rf to R side, Close Rf next to Lf, Touch Lf forward, Close Lf next to Rf
3&4 Step forward on Rf, swivel both heels R making a 1/4 turn L, Pushing of Lf take a big step to R with Rf
5&6 Cross Lf behind Rf, Step Rf to R side, Step Lf to L side
7&8& Cross Rf behind Lf, Step Lf to L side, Cross Rf over Lf, Step Lf to L side

Sweep x2, R Sailor 1/2 turn, Push step L with Flick, Walk x2 (R,L).

1-2 Step back on Rf sweeping Lf from front to back, Step back on Lf sweeping Rf from front to back
3&4 Step back on Rf, make a 1/4 turn R and step Lf next to Rf, make 1/4 turn R and step forward on Rf
5&6 Rock forward on Lf, Push back onto Rf, Push forward onto Lf flicking Rf up behind you
7-8 Step forward on Rf, Step forward on LF

Ball, Cross, Step R, Ball, Cross, Step L, Full turning Square (R,L,R,L).

&1-2 Step Rf slightly forward, Turn body to face L diagonal and cross Lf over Rf, Turn body to face forward and step forward on Rf
&3-4 Step f slightly forward, Turn body to face R diagonal and cross Rf over Lf, Turn body to face forward and step forward on Lf
5-6 Make a 1/4 L and step back on Rf, Make a 1/4 turn L and step Lf forward
7-8 Make a 1/4 L and step back on Rf, Make a 1/4 turn L and step Lf forward

Tag: 16 Counts (After wall 6 facing the back).

Note: □ The timing of the tag is slower than the rest of the dance, so be prepared to slow down.

1-2 Step Rf to R side, Cross Lf behind
3-4 Take a big step to the R with Rf, Drag Lf toward Rf
5-6 Make a 1/4 turn L and step Lf forward, Make a 1/2 turn L and step Rf back
7-8 Make a 1/4 turn L and take a big step L with Lf, drag Rf towards Lf

Hands: (On count &8 reach up R hand and glad the air, pull the hand down in front of you.)

1-2 Rock forward on Rf, recover onto Lf
(as you rock forward and recover you can body roll from top to bottom)
3-4 Rock back on Rf, recover onto Lf
5-6 Step forward on Rf, make a 1/2 turn Pivot L
7-8 Make a 1/2 turn L and touch Rf to R side, Hold

Hands: (On counts 7-8 Slowly raise hand up in front of you with palm facing to L)

At end of 2nd time through the Tag you will hear a piano note, Shake the hand bringing it down slowly in front of you.

You start the dance again on the lyrics 'Gold'.

Enjoy
