

The Note

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Niels Poulsen (DK) & Malene Jakobsen (DK) - August 2015
音乐: Note to God - Charice : (iTunes)



Intro: 8 counts from the beginning of the music (app. 8 secs. into track). Start with weight on L foot

Restart: On wall 3, after 20 counts, facing 9:00. Note that you will already have turned the ¼ L

Tag: On wall 6, after 13 counts. See explanation at bottom of page

Note: Both Restarts happen facing [9:00]

[1 – 8] ¼ L & side back rocks L & R, R side rock ¼ L, walk fwd R, step turn turn, ¼ R side

&1 – 2 Turn ¼ L on L stepping R to R side (&), rock back on L (1), recover on R (2) 9:00

&3 – 4 Step L to L side (&), rock back on R (3), recover fwd to L (4) 9:00

&5 – 6 Rock R to R side (&), recover on L turning ¼ L (5), walk fwd on R (6) 6:00

7&8& Step L fwd (7), turn ½ R onto R (&), turn ½ R back on L (8), turn ¼ R stepping R to R side (&) 9:00

[9 – 16] Point L to L side, ¼ L sweep, cross, L scissor, vine ¼ R, step ½ R, ¼ R side step

1 – 3 Point L to L side (1), recover on L with a ¼ L and a R sweep fwd (2), cross R over L (3) 6:00

4&5 Step L to L side (4), step R behind L (&), cross L over R (5)

*** Tag + 2nd Restart here 6:00**

6&7 Step R to R side (6), cross L behind R (&), turn ¼ R stepping R fwd (7) 9:00

&8& Step L fwd (&), turn ½ R onto R (8), turn ¼ R stepping L to L side (&) 6:00

[17 – 24] Behind side point, ¼ R sweep, weave into L diagonal back rock, R full turn step

1&2 Cross R behind L (1), step L to L side (&), point R to R side (2) 6:00

3 – 4& Turn ¼ R onto R sweeping L fwd (3), cross L over R (4), step R to R side (&) [9:00]

(*1st Restart here)

5 – 6 Rock L back on a L diagonal facing 7:30 (5), recover fwd on R (6) 7:30

&7 – 8 Turn ½ R stepping L back (&), turn ½ R stepping R fwd hitching L knee (7), walk fwd L (8) 7:30

[25 – 32] Sway 1/8 L, jazz ½ R, 2 walks fwd L R, step turn step, full turn L

&1 Square up to 6:00 stepping R to R side swaying upper-body R (&), sway body to L side (1) 6:00

2&3 Cross R over L (2), turn ¼ R stepping back on L (&), turn ¼ R stepping R fwd (3) 12:00

4 – 5 Cross walk L over R (4), cross walk R over L (5) 12:00

6&7 Step fwd on L (6), turn ½ R onto R (&), step fwd on L (7) 6:00

&8 Turn ½ L stepping back on R (&), turn ½ L stepping fwd on L (8) 6:00

START AGAIN... and ENJOY!

Tag: On wall 6, after count 13 (after your scissor step in the 3rd section), do a R side rock ¾ L:

Rock R to R side (6), turn ¼ L onto L (7), turn ½ L back on R (&)... then Restart facing 9:00

Alternatively you can add another L full turn in the Tag adding it after the ½ L.

The counts for the Tag will then be: &6&7& ... [9:00]

Ending: Wall 8 (starts at 6:00) is your last wall. The heavy beats in the music stops after 12 counts but keep dancing! Finish the rest of the dance and you will automatically end at 12:00

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