Spectre



拍数: 48 编数: 4 级数: Intermediate / Advanced

编舞者: Alison J. Austerberry (UK) - November 2015

音乐: Writing's On the Wall - Sam Smith



This is a stylish dance, very dramatic like a Bond film - a bit tricky until you get to know the music as there are a few stops and starts but it flows really well once you get the hang of it. Hope you will be shaken but not stirred.

S1. SWAY & SWAY &		TUDNI OMAN	AND OWAAN	DOOK AND OTED
C1 CWAY & CWAY &	HII('H FIIII	TITEN SWAY		PUCK AND SIED

8&1	Sway hip right and left hitching right foot towards the right
2&3	Stepping on the right, make a full turn right (turn, turn, turn)

4&5 Sway hips left right, left

6&7 Rock back on right. Recover on left . Step forward diagonal on right

S2: ROCK AND STEP, LUNGE HOLD, RIGHT SHUFFLE BACK, SWEEP LEFT

8&1	Step left behind right	angling body le	ft. Recover on right. Ste	p forward diagonally on left

2&3	Lunge right diagonally forward, hold, recover on left
4&5	Step right back, bring left next to right, Step right back
6&7	Sweep step left behind right, stepping left in place

S3: SWEEP RIGHT, ROCK AND CROSS, ROCK AND CROSS, ROCK AND CROSS

8&1	Sweep step right behind left, stepping right in place	
-----	---	--

2&3	Rock left forward. Step right next to left. Step left over right.
4&5	Rock out right to right side. Recover on left. Step right over left.
6&7	Rock out left to left side. Recover on right. Step left over right

S4: WALK, WALK, WALK, ROCK AND CROSS, BEHIND SIDE SWEEP, ROCK AND TOUCH

8&1	Walk round \(^3\) turn left, walking right, left, righ	ıt
UCI	Walk Ioulia /4 tuili leit, Walking Iigiit, leit , ligii	16

2&3 Rock left out to left side, recover on right, cross left over right

4&5 Step right to right side, cross left behind right, sweep right behind left

6-7 Rock left to left side, Recover on right

S5: ROCK AND TURN, ROCK AND TURN, ROCK AND CROSS, BEHIND SIDE, LUNGE

8&1	Step back left behind right, angling body left. Recover on right. Step left next to right,
-----	--

straightening body up

2&3 Step back right behind left, angling body right. Recover on left. Step right next to left

straightening body up

4&5 Rock left to left side. Recover on right. Cross left over right.

6&7 Step right to ride side. Step left behind right. Lunge right to right side

S6: DRAG, HOLD, ROCK AND CROSS, UNWIND 1/2 FOR 2 COUNTS, CROSS UNWIND FOR 3 COUNTS

8&1	Drag right leg slowly over two counts placing next to left.
2&3	Rock right to right side. Recover on left. Cross right over left

4&5 Unwind ½ turn left for two counts 6,7,8 Unwind ½ turn right over 3 counts

START AGAIN

Restarts: On Walls 2,3 And 4 - For Big Finish Hold Hands Up Against A Wall

Contact: austerberryalison9@googlemail.com

