

Slow Fox

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Glynn Rodgers (UK) - November 2015
音乐: Sweet Dreams - Thomas Anders
或: Mis Deseos / Feliz Navidad (with Thalia) - Michael Bublé



Alt. music: -

Mis Deseos/Feliz Navidad by Michael Buble & Thalia

[1-8]: Side, Hold, Back Rock, Chasse Right, Hold.

1-4 Step left to left side, hold. Rock back right, recover weight onto left.
5-8 Step right to right side, close left to right, step right to right side, hold.

[9-16]: Cross Rock, ¼ Turn, Hold, Pivot ½ Turn, ¾ Turn (feet closed).

1-2 Cross rock left over right, recover weight onto right.
3-4 Turn ¼ left stepping forward left, hold.
5-6 Step forward right, pivot ½ turn left.
7-8 Make ½ turn left stepping back right, turn ¼ left stepping side left. (Keep these steps as small as possible so the turn is done on the spot)

[17-24]: Right Twinkle, Left ¼ Turning Twinkle.

1-2 Cross right over left (bending knees slightly), hold.
3-4 Step left to left side, close right to left. (Rising up onto the balls of your feet)
5-6 Cross left over right (bending knees slightly), hold.
7-8 Turn ¼ left stepping slightly back on right, close left to right. (Rising up onto the balls of your feet)

[25-32]: Bending Cross Rock, Hold, Recover, Side, Point, Hold, Cross, Flick.

1-2 Bending the knees slightly, cross rock right over left, hold.
3-4 Recover weight onto left, step right to right side.
5-6 Point left to left side, hold.
7-8 Cross left over right, flick right heel back towards 5 o'clock.

[33-40]: Weave Left, Flick, Cross, Hinge Turn, Point.

1-4 Cross right over left, step left to left, cross right behind left, flick left heel back towards 7 o'clock.
5-6 Cross left over right, turn ¼ left stepping back right.
7-8 Turn ¼ left stepping side left, point right to right side.

[41-48]: ¼ Turn, Sweep, Cross, Side, Rock Back, Hold, Recover, ¼ Turn.

1-4 Make ¼ turn right stepping forward right, (big) sweep left foot forward, cross left over right, step right to right side.
5-6 Rock back onto left, hold.
7-8 Recover weight onto right, turn ¼ right stepping back left.

[49-56]: ½ Turn, Hold, Side Rock, Cross, Hold, Side Rock.

1-2 Make ½ turn right stepping forward right, hold.
3-6 Rock left to left side, recover weight onto right, cross left over right, hold.
7-8 Rock right to right side, recover weight onto left.

[57-64]: Hinge/Monterey ½ Turn, Hold, Side Rock, Cross Rock, Side, Close.

1-2 Make ½ turn right on to ball of the left foot closing right to left, hold.
3-6 Rock left to left side, recover onto right, cross rock left over right, recover onto right.

7-8 Step left to left side, close right to left.

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