

Heard It All Before

拍数: 48 墙数: 2 级数: Advanced
编舞者: Malene Jakobsen (DK) - November 2015
音乐: Lost - Anouk : (Album: Hotel New York - iTunes)



Intro: 16 counts 16 seconds into track, dance begins with weight on R

Note: The music is Viennese waltz, but not written as a waltz.

[1-9] Step, 1/4, cross shuffle with sweep, cross, 1/4, full turn sweep, behind, side, cross, side rock, cross, side, touch

- &1-2 (&) Step fwd. on L, (1) step fwd. on R, (2) turn 1/4 L 9.00
&a3 (&) Cross R over L, (a) step L slightly L, (3) cross R over L sweeping L from back to front 9.00
4& (4) Cross L over R, (&) turn 1/4 L stepping back on R 6.00
a5 (a) Turn 1/2 L stepping fwd. on L, (5) turn 1/2 L stepping back on R sweeping L from front to back 6.00
6&a7 (6) Cross L behind R, (&) step R to R, (a) cross L over R, (7) step R to R 6.00
8&a1 (8) Rock back on L, (&) recover onto R, (a) step L to L, (1) touch R toes beside L 6.00
- 10-17] 1/4, point, 3/4, R twinkle, cross, 1/4 cross, side, 1/2, side, cross
&2 (&) Turn 1/4 R stepping R slightly R, (2) point L to L prepping for turning L 9.00
3 (3) Turn 1/4 L stepping down on L and continue to turn another 1/2 L sweeping R around 12.00
4&a5 (4) Cross R over L, (&) step L to L, (a) step R to R, (5) cross L over R 12.00
&6 (&) Turn 1/4 L stepping back on R, (6) step L to L 9.00
&7 (&) Cross R over L, (7) rock L to L (angle your body slightly diagonally R prepping to turn) 9.00
8&1 (8) Recover onto R and on ball of R make 1/2 L, (&) step L to L (1) cross R over L 3.00

[18-24] Basic 1/4, basic 1/2, basic 1/2, back rock, 1/4, behind with sweep, cross behind

- 2&a (2) Turn 1/4 R stepping back on L, (&) step R next to L, (a) step L next to R 6.00
3&a (3) Turn 1/2 R stepping fwd. on R, (&) step L next to R, (a) step R next to L 12.00
4&a (4) Turn 1/2 R stepping back on L, (&) step R next to L (a) step L next to R 6.00
5-6 (5) Rock back on R, (6) recover onto L 6.00
&7-8 (&) Turn 1/4 L stepping R to R, (7) cross L behind R sweeping R from front to back, (8) cross R behind R 3.00

[25-32] Side, cross, side, behind, 1/4, pivot 1/2, R mambo, back back, 1/4, "Monterey"

- &1&2 (&) Step L to L, (1) cross R over L, (&) step L to L, (2) cross R behind L 3.00
&3-4 (&) Turn 1/4 L stepping fwd. on L, (3) step fwd. on R, (4) turn 1/2 L 6.00
&a5 (&) Rock fwd. on R, (a) recover onto L, (5) step slightly back on R 6.00
&6 (&) Step back on L, (6) step back on R 6.00
&7 (&) Turn 1/4 L stepping L to L, (7) point R to R 3.00
&8 (&) Turn 1/2 R stepping R next to L, (8) point L to L 9.00

[33-40] Cross with hitch, cross behind, side rock, behind with sweep, behind side cross, side, kick ball cross, side, kick ball cross

- 1 (1) Cross L over R hitching R diagonally R 9.00
2&a3 (2) Cross R behind L, (&) rock L to L, (a) recover onto R, (3) cross L behind R sweeping R from front to back 9.00
4&a5 (4) Cross R behind L, (&) step L to L, (a) cross R over L, (5) step L to L 9.00
6&a7 (6) Kick R diagonally R, (&) step R next to L, (a) cross L over R, (7) step R to R 9.00

8&a (8) Kick L diagonally L, (&) step L next to R, (a) cross R over L

NOTE: The kicks are not really kicks, it's more a marking of a kick – keep the kicking foot close to the floor. It's about filling out the music kinda thing

[41-48] 1/4, 1/2, chase turn, chase turn, rock fwd., run back

1& (1) Turn 1/4 R stepping back on L, (&) turn 1/2 R stepping fwd. on R 6.00

2&3 (2) Step fwd. on L, (&) turn 1/2 R, (3) step fwd. on L 12.00

4&a5 (4) Step fwd. on R, (&) turn 1/2 L, (a) step fwd. on R, (5) rock fwd. on L 6.00

6&a (6&a) Run back R, L, R 6.00

7-8 (7) Rock back on L, (8) recover onto R

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