

Part Of The List

拍数: 32 墙数: 2 级数: Advanced - Rolling 8 style
编舞者: Malene Jakobsen (DK) & Rachael McEnaney (USA) - March 2016
音乐: Part of the List - Ne-Yo : (Album: Year Of The Gentleman - iTunes and all major mp3 websites, approx 4.09mins)



Notes: This dance has been choreographed as a rolling 8, though it could have been done as a Viennese waltz making it a 96 count dance, we chose to count in 8's making it 32.

Count In: 4 counts from start of track, dance begins on vocals Approx 115 bpm

[1 – 8] Full spiral turn R, R fwd sweeping L, L cross sweeping R, R cross, ¼ R back L hitching R, ¼ R side, L side, R fwd on diagonal, L back, ½ R, L fwd.

- 1 2 Step forward L making a full spiral turn to right (1), step forward R sweeping L (2) 12.00
3 4 a Cross L over R sweeping R (3), cross R over L (4), make ¼ turn right stepping back L as you hitch R knee (a) 3.00
5 6 Make ¼ turn right stepping R to right side (slide L towards R) (5), step L to left side (slide R towards L) (6) 6.00
7 Step forward R towards left diagonal (4.30) (slide L towards R) (7) 4.30
8 & a Step back L (8), make ½ turn right stepping forward R (&), step forward L (a) 10.30

[9 – 16] R fwd, 1/8 turn R side L, 1/8 turn R back R, L back, 1/8 turn R side R, L cross, R side sway, 1 ¼ turn L, R cross, L side rock, L cross, ¼ L back R, L back, R back, ½ L fwd L, R fwd

- 1 & a Step forward R (1), make 1/8 turn right stepping L to left side (&), make 1/8 turn right stepping back R (a) 1.30
2 & a Step back L (2), make 1/8 turn right stepping R to right side (&), cross L over R (a) 3.00
3 Take big step R to right side as you sway upper body to right (styling: swing R hand across face/upper body as if telling someone to 'smile') (3) 3.00
4 a Make ¼ turn left stepping forward L (4), make ½ turn left stepping back R (a), 6.00
5 6 & a Make ½ turn left stepping forward L as you sweep R (5), cross R over L (6), rock L to left side (&), recover weight R (a) 12.00
7 & a Cross L over R (7), make ¼ turn left stepping back R (&), step back L (a), 9.00
8 & a Step back R (8), make ½ turn left stepping forward L (&), step forward R (a) 3.00

[17 – 24] Walk L-R (with optional arms), L fwd, ½ chase turn R, ½ L back R, ¼ L with sway, 1/8 turn R into ½ turn R with L hitch, L back, R back, 1/8 turn L side

- 1 2 Step forward L (styling: swing L arm forward to left diagonal 45 degrees) (1), step forward R (styling: swing r arm forward to right diagonal 45 degrees) (2) 3.00
3 a 4 Step forward L (3), pivot ½ turn right taking weight R (a), step forward L (4) 9.00
a 5 Make ½ turn left stepping back R (a), make ¼ turn left stepping L to left side (styling: sway upper body left swinging R arm down and up across body) (5) 12.00
6 Make 1/8 turn right stepping forward R and continue making another ½ turn right hitching L knee (6) 7.30
7 8 a Step back L (7), step back R (8), make 1/8 turn left stepping L to left side (a) 6.00

[25 – 32] R cross rock, ¼ R, rock L fwd rising up on balls of feet, L back, ½ R sweeping L, L cross rock, L side, R cross rock, R side, L cross, R side, L behind, ¼ R

- 1 & a Cross rock R over L (1), recover weight L (&), make ¼ turn right stepping forward R (a) 9.00
2 Rock forward L rising up onto balls of both feet (2) 9.00
3 a 4 Recover weight to R (3), step back L (a), make ½ turn right stepping forward R sweeping L (4) 3.00
5 & a Cross rock L over R (5), recover weight R (&), step L to left side (a), 3.00
6 & a Cross rock R over L (6), recover weight L (&), step R to right side (a) 3.00

7 a 8 a Cross L over R (7), step R to right side (a), cross L behind R (8), make $\frac{1}{4}$ turn right stepping forward R (a) 6.00

TAG: Do the following Tag at the end of the 1st wall and 3rd wall. You will be facing the back to begin the Tag.

1234&a Step forward L (1), step forward R (2), step forward L (3), Rock forward R (4), recover L (&), make $\frac{1}{2}$ turn right stepping forward R (a) 12.00

5678&a REPEAT counts 1 – 4. 6.00

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