

Hypnosis

拍数: 32 墙数: 4 级数: Beginner
编舞者: Silvia Schill (DE) - April 2016
音乐: Hypnotizing - Hayden Panettiere : (Album: The Music of Nashville: Season 1, Vol.2)



The dance begins with the singing (2+2 wall)

Side, Drag, Rock Back, Rock Forward, Chassé Turning ¼ L

1-2 Great step with RF to right side, use LF next to the RF
3-4 And step back LF, RF slightly up, weight back on RF
5-6 Step LF forward, RF slightly up, weight back on RF
7&8 Step LF to left side, ¼ turn left, RF beside LF, step LF to left side (9 o'clock)

Cross, Point R + L, Rock Across Turning ¼ R, Chassé

1-2 Cross RF over LF, touch left toe on left side,
3-4 Cross LF over RF, touch right toe on right side,
***1. Restart in the 3rd passage (9 o'clock), on "4" touch RF beside LF and start again from the beginning**
*****3. Restart in the 8th passage (12 o'clock), on "4" touch RF beside LF and start again from the beginning**
5-6 Cross RF over LF, LF slightly up, ¼ turn right, weight back on LF (12 o'clock)
7&8 Step RF to right side, LF beside RF, step RF to right side
****2. Restart in the 5th passage (3 o'clock), '7&8' replace by '7-8', break up and start all over**
7-8 Step RF to right side, LF beside RF, weight back on LF

Rocking Chair, Step, Pivot ¼ R, Shuffle Across

1-2 Step LF forward, RF slightly up, weight back on RF
3-4 Step back LF, RF slightly up, weight back on RF
5-6 Step LF forward, ¼ turn right onto ball, weight back on RF (3 o'clock)
7&8 Cross LF over RF, step RF to heel LF, cross LF over RF

¼ Turn L/Toe Strut Back, ½ Turn L/Toe Strut Forward, Rocking Chair

1-2 ¼ turn left on LF, RF step back, tap toe, settle heel and snap
3-4 ½ turn left on RF, LF step forward, tap toe, settle heel and snap (12 o'clock)
5-6 Step RF forward, LF slightly up, weight back on LF
7-8 Step back LF, LF slightly up, weight back on LF

Start again...and happy dancing!

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Last Update – 24th July 2016