

War

拍数: 80 墙数: 4 级数: Advanced
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音乐: War - Edwin Starr : (iTunes)



Intro : 8 counts of drums, dance begins on vocal « War ».

[01-08] □ Basic cha R, Sweep 1/8 turn, behind-side-forward, lock step, step

1-2& Step R side, Step L in place, R in place
3-4& Step L behind sweeping R from front to back turning 1/8 R, Step R behind, L side (1:30)
5-6 Step R forward, L lock behind
7-8 Step R forward, L forward

[09-16] □ Lock-step-forward, Lock-step-forward, ½ turn Touch & touch & touch & touch

&1&2 Step R forward, Lock L behind, R forward, L forward
&3&4 Step R forward, Lock L behind, R forward, L forward
5&6 Sharp ½ turn R (weight stays on L) touching R forward, switch touching L forward (7:30)
&7&8 Switch, Touch R forward, Switch, Touch L forward

[17-24] □ Hips forward & back, press, flick ½ turn, Step ½ pivot, ½ turn ½ turn forward (or 2 turns)

1-2 Roll hips forward onto L, Roll hips back onto R (figure 8)
3-4 Press into L forward, Pivot ½ turn R onto R flicking L behind
5-6 Step L forward, pivot ½ turn R (7:30)
7&8 ½ turn R stepping L back, ½ turn R stepping R forward, Step L forward (or 2 small turns moving to 7:30)

[25-32] □ Basic cha R & L, Paddle turn R 5/8 turn

1-2& Step R side, Step L in place, R in place
3-4& Step L side, Step R in place, L in place
5&6&7&8 ¼ turn R stepping R paddle L R L R L R 3/8 turn R

[33-40] □ Syncopated cross rocks L & R, Monterey L ½ turn x2

1-2& Cross rock L over, Recover onto R, Step L to side
3-4& Cross rock R over, Recover onto L, Step R to side (9:00)
5&6& Point L to side, Close L to R turning ½ turn L, Point R to side, Close R to L (9:00)
7&8 Point L to side, Close L to R turning ½ turn L, Point R to side (3:00)

[41-48] □ Hitch point, Hitch point, Sailor R, Skate, Skate

1-2 Hitch R, Point R to side
3-4 Hitch R, Point R to side
5&6 R behind, L rock to side, R slightly forward
7-8 Skate L, Skate R

[49-56] □ Cha cha diamond full circle counter-clockwise

1-2& Step L & R forward on diagonal (4:30), L to side squaring up (6:00)
3-4& 1/8 turn R stepping back R & L (7:30), R to side squaring up (9:00)
5-6& 1/8 turn R stepping forward L & R (10:30), L to side squaring up to (12:00)
7-8& 1/8 turn R stepping back R & L (1:30), Touch R to L squaring up (3:00)

[57-64] □ Basic cha R & L, Behind sweep, Anchor step, ¼ turn, point prepare

1-2& Step R side, Step L in place, R in place
3-4& Step L side, Step R in place, L in place
5-6& Step R behind sweeping L from front to back, Step L & R in place

7&8 Step L $\frac{1}{4}$ turn R stepping R to side pointing L to side

[65-72] □ Step $\frac{1}{4}$, full turn & $\frac{1}{4}$ (over 2 counts), Side, Full turn & $\frac{1}{2}$ (over 3 counts), Side

1-2-3 Step $\frac{1}{4}$ L stepping L forward, 1 & $\frac{1}{4}$ turn L over 2 counts (12:00)

4 Step down on R to side

5-6-7 1 & $\frac{1}{2}$ turn R over 3 counts (6:00)

8 Step down on L to side

Option: instead of doing two full turns, you can lift heels in place:

1-2-3-4 $\frac{1}{2}$ turn to the L bouncing heels up and down 4x finishing with your weight on your R leg dragging the R around to face 12 o'clock

5-6-7-8 $\frac{1}{2}$ turn to the R bouncing heels up and down 4x finishing with your weight on your L leg dragging the L around to face 6 o'clock

[73-80] □ Sailor R & L, Paddle full turn

1&2 R behind, L rock to side, R slightly forward

3&4 L behind, R rock to side, L slightly forward

&5&6&7&8 Full paddle turning L pushing off R and onto L

Enjoy!

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