

Like the Wind

拍数: 116 墙数: 2 级数: Phrased Advanced Polka
编舞者: Tiziana Nastasi (IT) - June 2013
音乐: The Wind - Zac Brown Band



Sequence: A, A(30 count), Tag 1, A, A(30 count), Tag 2, B, A(44 count), Restart, A, Ending
Intro: Start dancing on lyrics

PART A - 56 COUNT

A1: SIDE ROCK LEFT, WEAVE

1-2 Step left side, step right together
3&4 Cross left behind the right, step right to right, cross left over the right

A2: SHUFFLES TURNS (RUN THE SHUFFLES FOLLOWING THE LINE OF A SEMI-CIRCLE)

5&6 1/8 turn R and Chassé fw right-left-right (towards 1:30)
7&8 turn R towards 4:30 and Chassé back left-right-left
1&2 turn R towards 10:30 and Chassé fw right-left-right
3&4 turn R towards 3:00 and Chassé back left-right-left

A3: STEP RIGHT BACK, STEP LEFT TOGETHER, RIGHT KICK BALL CHANGE

5-6 Step right back, step left together
7&8 Kick right forward, step right together, step left (slightly fw)

A4: SLIDE RIGHT, SAILOR STEP LEFT, TURN 3/4 RIGHT, LEFT KICK BALL CHANGE

1-2 Big step right side, drag left to right
3&4 Cross left behind, step right side, step left side
5&6 Lock right behind, unwind 3/4 right (weight to right)
7&8 Kick left forward, step left together, step right (slightly fw)

A5: STEP & TOUCH TOE, SHUFFLE 1/2 TURN, FULL TURN, 1/2 TURN, RONDE'

1-2 Step left forward, touch right toe behind left
3&4 1/2 turn shuffle right-left-right (h. 6:00)
5-6 Make a 1/2 turn R and step back on left, make a 1/2 turn R and step forward on right
7-8 Make a 1/2 turn R and step back on left, move your right leg to the right circularly

A6: SAILOR STEP RIGHT & LEFT, HEEL SWITCHES, TOE TOUCH BACK TWICE

1&2 Cross right behind, step left side, step right side
3&4 Cross left behind, step right side, step left side
5&6& Touch right heel forward, step right together, touch left heel forward, step left together
7-8 Cross/touch toe behind left, cross/touch toe behind left

A7: SIDE ROCK STEP, WEAVE, REPEAT WITH THE LEFT

1-2 Step right side, step left together
3&4 Cross right behind the left, step left side, cross right over the left
5-6 Step left side, step right together
7&8 Cross left behind the right, step right side, cross left over the right

A8: ROCK STEP FORWARD, COASTER STEP, TURN 1/2 LEFT, STOMP, HOLD

1-2 Rock right forward, recover to left
3&4 Step right back, step left together, step right forward
5-6 Step left forward, 1/2 turn
7-8 Stomp left, hold

PART B - 60 COUNT

B1: SYNCOPATED STEPS SIDE/CLOSE X2, APPLEJACKS

- &1 Step left side, step right side
- &2 Step left on the center, step right together
- &3 Step left side, step right side
- &4 Step left on the center, step right together
- 5&6&7&8& Applejacks

B2: RIGHT KICK BALL CHANGE, PIVOT X2, CROSS, HEEL JACK

- 1&2 Kick right forward, step right together, step on left
- 3-4 Step right forward, turn 1/2 left (weight to left)
- 5-6 Step right forward, turn 1/2 left (weight to left)
- 7&8 Cross right over left, step left slightly back, touch right heel forward

B3: CHASSE SIDE, TURN 1/2 R CHASSE SIDE, TURN 1/2 R CHASSE SIDE RIGHT, ROCK STEP

- 1&2 Chassé right-left-right
- 3&4 1/2 Turn right and chassé left-right-left
- 5&6 1/2 Turn right and chassé right-left-right
- 7-8 Rock left forward, recover to right

B4: STEP SIDE, SYNCOPATED WEAVE , PIVOT

- 1-2& Step left side, cross right behind, step left side,
- 3&4& Cross right over, step left side, cross right behind, step left side,
- 5&6& Cross right over, step left side, cross right behind, recover weight to left
- 7-8 Step right forward, turn left 1/2

B5: GALLOP STEP (SHUFFLE FORWARD X4, SHUFFLE SIDE X4, TURN 1/2, SHUFFLE FORWARD X4 , SHUFFLE SIDE X4)

- 1&2&3&4& Step right forward, step left together, repeat four times
- 5&6&7&8& Step left side, step right together, repeat four times,
- 1&2&3&4& 1/2 turn R and Step right forward, step left together, repeat four times
- 5&6&7&8 Step left side, step right together, repeat four times

B6: KICK BALL HEEL, TOE TOUCH BACK TWICE, TURN 1/2, HEEL AND TOE SYNCOPATION

- 1&2 Kick right forward, step right together, touch left heel diagonally forward
- &3-4 Step left together, cross/touch toe behind left, cross/touch toe behind left
- &5 Turn 1/2 right and step right together, touch toe left behind
- &6 Step left together, touch hell right
- &7 Step right together, touch heel left
- &8 Step left together, touch toe right behind

B7: WALK TURN RIGHT

- 1-2 Turn 1/4 right and step right forward, turn 1/4 right and step left side
- 3-4 Turn 1/4 and step right side, touch left together (12:00)

TAG 1 – 16 COUNT**STOMP LEFT, HOLD, STOMP RIGHT, HOLD, SIDE AND CROSS LEFT, SIDE AND CROSS RIGHT (TWICE)**

- 1-2 Stomp left over right, hold
- 3-4 Stomp right over left, hold
- 5&6 Step left side, step right together, cross left over right
- 7&8 Step right side, step left together, cross right over left

[1-8] Repeat

TAG 2 – 4 COUNT**STOMP LEFT, HOLD, STOMP RIGHT, HOLD**

- 1-2 Stomp left over right, hold

- 3-4 Stomp right over left, hold
- 5-6 Step left forward, step right forward (instead of stomp, hold)
- 7-8 1/2 turn left, stomp right forward

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Last Update – 10th June 2017
