

Hermes

拍数: 64 墙数: 4 级数: Phrased Improver
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音乐: I'm Into Folk - Hermes House Band



Start on high beat, vocal count..1234

SEQUENCE : A-A-A-A-B-A-A (after 24 count and restart)

PART A: 32 counts

AI. RIGHT CHASSE - CROSS ROCK - STEP SIDE - LEFT CHASSE

1&2 Step R side, Step L to R, Step R side
3-4 Cross L over R, Recover on R
5-6 Step L side, Step R to L
7&8 Step L side, Step R to L, Step L side

AII. TURN 1/4 RIGHT FULL TURN - PIVOT TURN 1/4 LEFT

1-2 Cross R over L, Turn 1/4 right step L back
3-4 Step R back, Recover on L
5-6 Turn 1/2 left step R back, Turn 1/2 left step L fwd
7-8 Step R fwd, Turn 1/4 left step L side

AIII. STEP CROSS - CROSS SHUFFLE - TURN 1/4 RIGHT - CROSS SHUFFLE

1-2 Cross R over L, Step L side
3&4 Cross R over L, Step L side, Cross R over L
5-6 Turn 1/4 right step L back, Step R side
7&8 Cross L over R, Step R side, Cross L over R

Restart here on wall 8

AIV. SYNCOPATED STEP SIDE

1-2& Step R side, Recover on L, Step R to L
3-4& Step L side, Recover on R, Step L to R
5-6& Step R fwd, Recover on L, Step R to L
7-8 Step L fwd, Hitch R foot
#Repeat this step, before Part B End Wall 5

PART B

BI. 1/4 TURN LEFT - SYNCOPATED SIDE (L-R) WITH KICK

1&2 Turn 1/4 left Step R cross over L, Step L side, Step R behind L (12.00)
&3&4 Step L side, Step R cross over L, Step L side, Step R behind kick L diagonally right.
5&6 Step L cross over R, Step R side, Step L behind R
&7&8 Step R side, Step L cross over R, Step R side, Step L behind kick R diagonally left.

BII. STEP DIAGONAL FORWARD

1-2 Step R diagonally left forward (10.30), Touch L next to R (12.00)
3-4 Step L diagonally right forward (1.30), Touch R next to L (12.00)
5-6 Step R diagonally left forward (10.30), Touch L next to R (12.00)
7-8 Step L diagonally right forward (1.30), Touch R next to L (12.00)

BIII. STEP BACK DIAGONAL - BACK SHUFFLE

1-2 Step R diagonally right back, Touch L next to R.
3-4 Step L diagonally left back, Touch R next to L.
5&6 Step R diagonally right back, Step L close R, Step R to side
7&8 Step L diagonally left back, Step R close L, Step L to side

BIV. SYNCOPATED TURNING (L-R-L)

1-2 Turn 1/8 left touch R side, Hold

&3-4 Turn 1/4 right step on R, Turn 1/4 right touch L side, Hold

&5-6 Turn 1/4 left step on L, Turn 1/4 left touch R side, Hold

&7-8 Turn 1/4 right Step on R, Turn 1/4 right Step L to side, Touch R next to L.

**** Ending...hitch and turn 1/4 right, than pose (12.00)**

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