

Theora Song

拍数: 112 墙数: 2 级数: Intermediate
编舞者: Trizia Ruggiero (UK) - July 2017
音乐: Your Song - Rita Ora



Intro: 16 counts

S1. WALKS –STEP TOUCHES

1-4 Walk forward R-L-R-L
5-8 Step forward R – touch L beside R- step back L- touch R beside L

S2. STEP TOUCHES- HEEL BOUNCES

1-4 Step R back – touch L beside R- Step L forward –step R beside L
5-8 Bounce on heels x4

S3. REPEAT S1 WALKS AND STEP TOUCHES

S4. REPEAT S2 STEP TOUCHES –HEEL BOUNCES

S5. VINE-VINE QUARTER TURN

1-4 Step R to side-step L behind R- step R to side – touch L beside R
5-8 Step L to side – step R behind L- step L quarter turn L- touch R beside L

S6. ROCKING CHAIR – PIVOT HALF TURNS

1-4 Rock forward on R- recover on L- rock back on R- recover on L
5-8 Step forward on R –pivot half turn [over L shoulder] – step forward on R –pivot half turn L

S7. JAZZ BOX QUARTER TURN – KICK BALL CHANGES X2

1-4 Cross R over L- step back quarter turn on L- step R to side – step L beside R
5&6 Kick R forward [5] weight onto ball of L [&] recover on R
7&8 Kick R forward [7] weight onto ball of L [&] recover on R

S8. LONG SIDE STEP – SLIDE TOGETHER- KNEE POPS

1-4 Step R long step to R- slide L beside R
5-8 Bend R knee across L – recover- bend L knee across R –recover- bend R knee across L,
recover, Bend L knee across R recover

S9. ROCK – HALF TURN SHUFFLES

1 2 3&4 Rock forward on R – half turn R –shuffle forward
5 6 7&8 Rock forward on L – half turn L- shuffle forward

S10. ROCK & COASTERS

1 2 3&4 Rock forward on R- recover on L- sweep R back [3] weight on ball of L[&] recover on R[4]
5 6 7&8 Rock forward on L-recover on R- sweep L back[7] weight on ball of R[&] recover on L[8]

S11. CROSS –SIDE –SAILOR STEP

1 2 3&4 Cross R over L – step L to side- sweep R behind L – weight on ball of L –recover on R
5 6 7&8 Cross L over R- step R to side – sweep L behind R – weight on ball of R- recover on L

S12. ROCKING CHAIR – PIVOT HALF TURN –TOUCH-HOLD

1-4 Rock forward on R-recover on L- rock back on R- recover on L
5-6 Step forward R – pivot half turn[over L shoulder]
7-8 Touch R beside L –hold

S13. SKATES- STEP POINT- STEP TOUCH

- 1-4 Skate forward R-L-R-L
- 5-6 Step forward R- point L to side
- 7-8 Step forward L- touch R beside L

S14. LONG SIDE STEP- KNEE POPS

- 1-4 Step R long step to R- Slide L beside R
- 5-8 Bend R knee across L-recover- bend L across R recover- bend R across L- recover-bend L across R –recover

END OF DANCE

**FOOTNOTE: At End Of Wall 2 Repeat Sections 9-10-11-12 Twice
Then Repeat Sections 13-14 Twice To Finish Dance**

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