

Jour 1

拍数: 32 墙数: 4 级数: Phrased Intermediate
编舞者: Daniela Schwartz (DE) - July 2017
音乐: Jour 1 - Louane



Note: Dance starts after 16 counts

Sequence: AB AAB AAB (3 o'clock); Tag 1; AAB AAB AB AB* (6 o'clock); Tag 2; AAB AA

Part A: 16 counts

A1: Charleston steps, step/½ turn l, step/¼ turn l, side & back

- 1-2 Swing right in circle forward and tap toes in front – swing right in circle back and step back on right
- 3-4 Swing left in circle back and tap toes in back – swing left in circle forward and step forward on left
- 5-6 Step forward on right and ½ turn left on right ball of foot/lift left knee step forward on left and ¼ turn left on left ball of foot/lift right knee (3 o'clock)
- 7&8 Step right with right – draw left foot to right and step back on right

A2: Side & back, coaster step, shuffle forward, step, pivot ¼ l

- 1&2 Step left with left – draw right foot to left and step back on left
- 3&4 Step back on right – draw left foot to right and small step forward on left
- 5&6 Step forward on left – draw right foot to left and step forward on left
- 7-8 Step forward on right - ¼ turn left on both balls of the feet, place weight on the left foot at the end (12 o'clock)

Part B: 16 counts

B1: Cross, side, sailor step, cross, side, behind-side-cross

- 1-2 Cross right foot over left – step left with left
- 3&4 Cross right foot behind left – step left with left and place weight back on the right foot
- 5-6 Cross left foot over right – step right with right
- 7&8 Cross left foot behind right – step right with right and cross left foot over right

(Tag/Restart for B*: stop here, dance Bridge 2 and continue with Part A)

B2: Rock side, shuffle across, ¼ turn r, ½ turn r, shuffle forward

- 1-2 Step to right with right, lift left foot slightly – place weight back on left
- 3&4 Cross right foot far over left – draw left foot closer to right and cross right foot far over left
- 5-6 ¼ turn right and step back on left - ½ turn right and step forward on left (9 o'clock)
- 7&8 Step forward on left – draw right to left and step forward on left

- Repeat until the end -

Tag/Bridge 1 - Rocking chair

- 1-2 Step forward on right, lift left foot slightly – weight back on left
- 3-4 Step back on right, lift left foot slightly – weight back on left

Tag/Bridge 2 - Rock side, rock back

- 1-2 Step right with right, lift left foot slightly – weight back on left
- 3-4 Step back on right, lift left foot slightly – weight back on left

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