

Delilah

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: Ria Vos (NL) - July 2017
音乐: Delilah (English Version) - Frank Galan : (Single)



Intro: 32 Counts (\pm 15 sec)

S1: Cross Rock, & Cross, $\frac{1}{4}$ L, $\frac{1}{4}$ L Chasse, Cross Rock

1-2 Cross Rock R Over L, Recover on L
&3-4 Step on Ball of R to R Side, Cross L Over R, $\frac{1}{4}$ Turn L Step Back on R (9:00)
5&6 $\frac{1}{4}$ Turn L Step L to L Side, Step R Next to L, Step L to L Side (6:00)
7-8 Cross Rock R Over L, Recover on L

S2: $\frac{1}{4}$ R, $\frac{1}{4}$ R, Behind, $\frac{1}{4}$ L, Step Pivot $\frac{1}{2}$ L, Shuffle Fwd

1-2 $\frac{1}{4}$ Turn R Step Fwd on R, $\frac{1}{4}$ Turn R Step L to L Side (12:00)
3-4 Step R Behind L, $\frac{1}{4}$ Turn L Step Fwd on L (9:00)
5-6 Step Fwd on R, Pivot $\frac{1}{2}$ Turn L (3:00)
7&8 Shuffle Fwd Stepping R-L-R

S3: Cross Rock, & Cross, $\frac{1}{4}$ R, $\frac{1}{4}$ R Chasse, Cross Rock

1-2 Cross Rock L Over R, Recover on R
&3-4 Step on Ball of L to L Side, Cross R Over L, $\frac{1}{4}$ Turn R Step Back on L (6:00)
5&6 $\frac{1}{4}$ Turn R Step R to R Side, Step L Next to R, Step R to R Side (9:00)
7-8 Cross Rock L Over R, Recover on R

S4: $\frac{1}{4}$ L, $\frac{1}{4}$ L, Behind, $\frac{1}{4}$ R, Step Pivot $\frac{1}{2}$ R, Shuffle $\frac{1}{2}$ R

1-2 $\frac{1}{4}$ Turn L Step Fwd on L, $\frac{1}{4}$ Turn L Step R to R Side (3:00)
3-4 Step L Behind R, $\frac{1}{4}$ Turn R Step Fwd on R (6:00)
5-6 Step Fwd on L, Pivot $\frac{1}{2}$ Turn R (12:00)
7&8 Shuffle $\frac{1}{2}$ Turn R Stepping L-R-L (6:00)

S5: Big Step Back, Drag, & Walk, Walk, $\frac{1}{4}$ L Hip Bumps, $\frac{1}{2}$ L Hip Bumps

1-2 Big Step Back on R, Drag L Towards R
&3-4 Step on Ball of L Next to R, Walk Fwd R, Walk Fwd L
5&6 $\frac{1}{4}$ Turn L Step and Bump R to R Side, Recover, Bump R to R Side (weight R) (3:00)
7&8 $\frac{1}{2}$ Turn L Step and Bump L to L Side, Recover, Bump L to L Side (weight L) (9:00)

S6: Jazz Box $\frac{1}{4}$ Turn R, Point, Cross, Point, Cross

1-2 Cross R Over L, $\frac{1}{4}$ Turn R Step Back on L (12:00)
3-4 Step R to R Side, Cross L Over R
5-6 Point R to R Side, Cross R Over L
7-8 Pont L to L Side, Cross L Over R

S7: Side Rock & Side Rock, & Fwd Rock, Back Shuffle

1-2 Rock R to R Side, Recover on L
&3-4 Step R Next to L, Rock L to L Side, Recover on R
&5-6 Step L Next to R, Rock Fwd on R, Recover on L
7&8 Shuffle Backwards Stepping R-L-R

S8: Rock Back, Shuffle $\frac{1}{2}$ Turn R, Rock Back, Full Turn L

1-2 Rock Back on L, Recover on R
3&4 Shuffle $\frac{1}{2}$ Turn R Stepping L-R-L (6:00)

5-6

Rock Back on R, Recover on L

7-8

½ Turn L Step Back on R, ½ Turn L Step Fwd on L (6:00)

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