

Lindsey's Shadows

拍数: 58 墙数: 4 级数: Phrased Improver +
编舞者: Angéline Fourmage (FR) - April 2013
音乐: Shadows - Lindsey Stirling



Partie A : 32 count - Partie B : 26 count - Restart : 4

Start : 8 count

Seq: A-B-A (16 count) Restart-B-A (16 count) Restart A-B-A (16 count) Restart-B-A-A-A (8 count) Restart - B

Partie A

[1-8] Chassé R, Stomp, Chassé L, Stomp*

1&2 RF to the R side, LF next to RF, RF to the R side
3-4 Stomp LF next to RF, Stomp RF next to LF
5&6 LF to the L side, RF next to LF, LF to the L side
7-8 Stomp RF next to LF, Stomp LF next to RF

[9-16] Rock-step, Chassé R, Rock-step, Chassé L*

1-2 RF over LF , recover to LF next to RF
3&4 RF to the R side, LF next to RF, RF to the R side
5-6 LF over RF, recover to RF
7-8 LF to the L side, RF next to LF, LF to the L side

[17-24] Step, Drag, Step, Drag

1-2 RF on a little diagonal R, Drag LF
3-4 Drag LF, touch LF next to RF
5-6 LF on a little diagonal L, Drag RF
7-8 Drag RF, touch RF next to LF

[25-32] Out, Ball cross, Rock step, coaster step, step, touch

&1&2 RF to the R side, LF to the L side, RF over LF, LF over RF
3&4 RF FW, recover to LF
5&6 RF back, LF next to RF, RF FW
7-8 LF FW, Touch RF next to LF

Partie B

[1-8] Step, Swivel, Flick, Step, Swivel, Flick, Apple Jack

1&2 RF to the R side, Swivel both heel to R, Swivel both toes to R
&3&4 Flick LF behind RF Swivel both heel to L, Swivel both toes to L
&5&6 Flick RF behind LF, RF to the R side, Swivel back heel to R side
7&8 Return to the center , Swivel right toe and left heel to the right, return to the center

[9-16] Triple-step R, Triple-step L, Triple-step Back

1&2 RF FW, LF next to RF, RF FW
3&4 LF FW, RF next to LF, LF FW
5&6 RF back, LF next to RF, RF back
7&8 LF back, RF back, RF next to LF, LF back

[17-24] Coaster-step Touch, Out, Out, In, In, Out, Out, Ball Cross

1&2& RF back, LF next to RF, RF FW, LF FW
3&4& Touch RF next to LF, RF out, LF out, hold
5&6& RF in, LF in, hold
&7&8 RF out, LF out, RF behind LF, LF over RF

[25-26] Step, Sweep

1-2& Step ¼ R with RF FW, Sweep L ¼ R from front, LF next to RF

NOTA : (RF = Right foot ; LF = Left Foot ; FW = Forward *= Restart) Smile and enjoy the dance Contact :

Contact - maellynedance@gmail.com
