

Dance On

拍数: 32 墙数: 4 级数: Improver
编舞者: Hayley Wheatley (UK) & Judith Kennedy (UK) - March 2018
音乐: Dance On - Cliona Hagan



**** Written for LDF Day 2018 ****

INTRO: 18 Count intro Start on the word "on".

Phrasing Of Dance: B+ B- ABC AB+BC

Part A

S1: WALK, WALK, SHUFFLE, ROCK FORWARD, RECOVER, SHUFFLE ½ TURN

1-2 Walk fwd on RF, Walk fwd on LF, 12:00
3&4 Step fwd on RF, Close LF beside RF, Step fwd on RF 12:00
5-6 Rock fwd on LF, Recover onto RF 12:00
7&8 Step LF to L side making ¼ turn L, Close RF beside LF, Step fwd onto LF making ¼ turn L
6:00

S2: WALK, WALK, SHUFFLE, ROCK FORWARD, RECOVER, STEP BACK, STEP OUT, STEP OUT

1-2 Walk fwd on RF, Walk fwd on LF 6:00
3&4 Step fwd on RF, Close LF beside RF, Step fwd on RF 6:00
5-6 Rock fwd on LF, Recover onto RF 6:00
&7-8 Step Back onto LF, Step out onto RF, Step out onto LF 6:00

S3: CLAP R, L, R, L

1-2 Clap hands to R Side, Clap hands to L side 6:00
3-4 Clap hands to R Side, Clap hands to L side 6:00

Part B

S1: STEP FORWARD, STEP ¼ TURN CROSS, ROCK & CROSS, SWAY, SWAY, BEHIND SIDE CROSS,

1, 2 &3 Step fwd on RF, Step fwd on LF, Pivot ¼ turn R, Cross LF over RF 3:00
4&5 Rock RF to R side, Recover onto LF, Cross RF over LF 3:00
6-7 Sway hips to L, Sway hips to R 3:00
8&1 Step LF behind RF, Step RF to R side, Cross LF over RF 3:00

S2: KICK BALL CROSS, STOMP ¼ turn, CROSS, STEP BACK ¼ TURN, KICK BALL CHANGE

2&3, 4 Kick RF fwd, Step back onto RF, Cross Lf over RF, Stomp fwd onto RF making ¼ turn R 6:00
5-6 Cross LF over RF, Step back onto RF making ¼ turn L, 3:00
7&8 Kick LF fwd, Replace LF, Step fwd onto RF 3:00

S3: CROSS, STEP BACK ¼ TURN, KICK BALL CHANGE, ROCK FWD RECOVER, ROCK FORWARD, RECOVER

1-2 Cross LF over RF, Step back onto RF making ¼ turn L, 12:00
3&4 Kick LF fwd, Replace LF, Step fwd onto RF 12:00
5-6 Rock fwd onto LF, Recover onto RF, 12:00
&7-8 Step back onto LF, Rock fwd onto RF, Recover onto LF 12:00

(B-) At this point in the dance on wall 2 Start Part A

S4: SHUFFLE BACK, TOUCH BACK, REVERSE TURN,

1&2 Step back on RF, Close LF beside RF, Step back onto RF 6:00
3-4 Touch L toe back, Reverse ½ turn L 6:00

(B+ TAG) On the 1st and 4th time dancing part B add two Knee pops:

1-2 Pop L knee in, Pop R knee in (finishing with weight on LF)

Part C

S1: SIDE, CLOSE, SHUFFLE FWD, SIDE, CLOSE, SHUFFLE BACK

- 1-2 Step RF to R side, Close LF beside RF
- 3&4 Step fwd on RF, Close LF beside RF, Step fwd on RF
- 5-6 Step LF to L side, Close RF beside LF
- 7&8 Step back onto LF, Close RF beside LF, Step back onto LF

S2: SIDE, CLOSE, SHUFFLE BACK, SIDE CLOSE, SHUFFLE FWD

- 1-2 Step RF to R side, Close LF beside RF
 - 3&4 Step back onto RF, Close LF beside RF, Step back onto RF
 - 5-6 Step LF to L side, Close RF beside LF
 - 7-8 Step fwd onto LF, Close RF beside LF, Step fwd onto LF
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