

Enkle Gleder

拍数: 32 墙数: 4 级数: Improver
编舞者: Dag Alexander Wien (NOR) - April 2018
音乐: Enkle Gleder - Odd Nordstoga & Admiral P : (CD: Enkle gleder - single)



#32 count intro

Step x2, mambo cross, mambo cross, step, cross

1-2 Step RF fwd, step LF fwd
3-a4 Rock RF to right side (3), recover on LF (a), cross RF in front of LF (4)
5-a6 Rock LF to left side, recover on RF, cross LF in front of RF
7-8 Step RF fwd, cross LF in front of RF

Tap x3 to right, Step together, tap x3 to left, Step together

1-2 Tap RF to right side, tap RF a bit further out to right side
3-4 Tap RF a bit further out to right side, Step RF beside LF.
5-6 Tap LF to left side, tap LF a bit further out to left side
7-8 Tap LF a bit further out to left side, Step LF beside RF.

Syncopated mambo steps (Mambo right, mambo left, mambo right, mambo left)

1-a2 Rock RF to right side (1), recover on LF (a), step together with RF (2)
3-a4 Rock LF to left side, recover on RF, step together with LF
5-a6 Rock RF to right side, recover on LF, step together with RF
7-a8 Rock LF to left side, recover on RF, step together with LF

'V'-step, 1/4 turn 'V'-step

1-2 Step RF fwd to right diagonal, step LF fwd to left diagonal
3-4 Step RF back in left diagonal, step LF together
5-6 Step RF fwd to right diagonal, step LF fwd to left diagonal
7-8 Turn 1/4 right and step RF to right side, step LF together (03:00)

Tag: (after wall 1, 2, 3 & 5)

T: (Side, together, side, touch) x2

1-2 Step right with RF, step together with LF
3-4 Step right with RF, touch LF beside RF
5-6 Step left with LF, step together with RF
7-8 Step left with LF, touch RF beside LF

T: Step x2, syncopated shuffle, step x2, syncopated shuffle

1-2 Turn 1/8 right and step fwd on RF, turn 1/8 right and step fwd on LF (06:00)
3-a4 Turn 1/8 right and step fwd on RF, step LF together, turn 1/8 right and step fwd on RF (09:00)
5-6 Turn 1/8 right and step fwd on LF, turn 1/8 right and step fwd on RF (12:00)
7-a8 Turn 1/8 right and step fwd on LF, step RF together, turn 1/8 right and step fwd on LF (03:00)

Contact: dagalexander@me.com