

Consequences

拍数: 80 墙数: 1 级数: Phrased Advanced waltz
编舞者: Paul Snooke (AUS), Jonas Dahlgren (SWE), Guillaume Richard (FR) & Jo Kinser (UK) - June 2018
音乐: Consequences - Camila Cabello : (Album: Camila)



- This dance starts facing the BACK WALL
- Sequence: A, A, B, A, B, A, a, B, A
- Dance starts after the first 12 counts on lyrics

PART A

[1-6] ½ Basic Waltz, Back, ¼, Point

- 1-2-3 Turn ½ L & step LF forward, Step RF together, Step LF together [12:00]
4-5-6 Step RF back, Turn ¼ L & step LF to L side, Point R toe to R side [9:00]

[7-12] Full Turn, Flick for 2 counts, Cross/Rock-Recover

- 1-2-3 Turn ¼ R & step RF forward, Turn ½ R & step LF back, Turn 3/8 R & step RF to R side lifting L toe off the ground [10:30]
4-5-6 Bend the L knee to finish the flick, Cross/rock LF over RF, Recover weight to RF [10:30]

NOTE: This is where PART 'a' will finish, make a ¼ turn R to face [1:30] to start B (this turn will replace the ½ turn at the start of B for this wall only)

[13-18] Quick Rock Push-Recover, ¼, ½ & Right Hand, Left Hand, Drag Together & Fists Towards Chest for 2 counts

- &1-2-3 Place weight forward onto ball of LF, Recover weight to RF (like a push to begin the turn), Turn 3/8 L & step LF forward, Turn ½ L & step RF to R side with R arm straight out to R side palm forward [12:00]
4-5-6 Put L arm straight out to L side palm forward, drag L toe together for 2 counts while closing both hands into fists and bringing them towards your chest while your body crouches over

[19-24] Forward/Rock-Recover, Back, ½ Forward/Rock-Recover, Back

- 1-2-3 Step/Rock LF forward, recover weight to RF, step LF back
4-5-6 Turn ½ R & step/rock RF forward, recover weight to LF, step RF back [6:00]

PART B

[1-6] 3/8 Turn with Slow Walks x2

- 1-2-3 Turn 3/8 L & step LF forward, Drag RF towards LF for 2 counts
4-5-6 Step RF forward, Drag LF towards RF for 2 counts [1:30]

[7-12] Rock-Hold-Recover, Traveling 1 & 3/8 Turn to Left

- 1-2-3 Rock LF forward, Hold, Recover weight to RF
4-5-6 Turn 3/8 L & step LF forward, turn ½ L & step RF back, turn ½ L & step LF forward [9:00]

[13-18] Forward, ½ Sweep, Step Forward with ¼ Turn & Rotate Torso around then reach up with R hand

- 1-2-3 Step RF forward, Turn ½ R on ball of RF while sweeping LF around in front of RF [3:00]
4-5-6 Step forward on LF while starting to bend forward from the waist, Turn ¼ R transferring weight to RF while continuing upper body down around and back up the R side reaching R hand up for 2 counts [6:00]

NOTE: If you do not wish to use your upper body just use your R hand to use the circular motion

[19-24] Drag Left Together & Clench Fist, Traveling 1 & ¼ Turn to Left

- 1-2-3 Drag LF towards RF for 3 counts (don't take weight) while slightly bending knees and bring R hand down into a fist ending with it at chest level [6:00]
4-5-6 Turn ¼ L & step LF forward, Turn ½ L & step RF back, Turn ½ L & step LF forward [3:00]

[25-30] Sweep, Cross, Back, Ball-Cross, Back, ¼

1-2-3 Sweep RF around in front of LF, Cross RF over LF, Step LF back

&4-5-6 Step RF slightly back, Cross LF over RF, Step RF back, Turn ¼ L & step LF to L side [12:00]

[31-36] Twinkle with 1/8 Turn, Full Turn Travelling Forward

1-2-3 Cross RF over LF, Step LF to L side, Turn 1/8 R & Step RF forward [1:30]

4-5-6 Step LF forward, Turn ½ L & step RF back, Turn ½ L & step LF forward [1:30]

[37-42] Toe while reaching down, Raise up for 2 counts, Forward, 1/8 Slow Turn over 2 counts

1-2-3 Touch R toe forward while reaching R hand down, Raise palm upwards for 2 counts

4-5-6 Step RF forward, Turn 1/8 L transferring weight to LF for 2 counts [12:00]

[43-48] Cross, Side, ½, Full Turn Travelling Forward

1-2-3 Cross RF over LF, Step LF to L side, Turn ½ R & step RF to R side [6:00]

4-5-6 Step LF forward, Turn ½ L & step RF back, Turn ½ L & step LF forward [6:00]

[49-56] Side, Push Palm Upwards Slowly

1-6 Step RF to R side, Place R palm in front of waist the push it upwards till its above your head for 5 counts

PART a

This is just the first 12 counts of A, however to move into B make a ¼ turn R to face [1:30] & walk on the diagonal

ENDING: Finish during A on count 18

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