

Castles

拍数: 48 墙数: 2 级数: Phrased Intermediate
编舞者: Maggie Gallagher (UK) - July 2019
音乐: Castles - Freya Ridings : (Amazon & iTunes)



Dedicated to all the dancers at the event in Oslo 3 August 2019

Intro: Start on first heavy beat (8 secs)

Sequence: AAB AAB AAB AAB

Part A (32 'fast' counts)

A1: WALK, SIDE ROCK CROSS, $\frac{1}{8}$, CHA CHA, BACK, BACK, $\frac{1}{2}$ SHUFFLE

1 Walk forward on right
2&3 Rock left to left side, Recover on right, Cross left over right
4-5& $\frac{1}{8}$ right walking forward on right [1:30], Step left next to right, Step right next to left
6-7 Step back on left, Step back on right
8&1 $\frac{1}{4}$ left stepping left to left side, Step right next to left, $\frac{1}{4}$ left stepping forward on left [7:30]

A2: STEP, $\frac{5}{8}$, POINT & POINT & TOUCH, HITCH/RISE, BALL STEP

2-3 Step forward on right, $\frac{5}{8}$ pivot left stepping forward on left [12:00]
4&5 Point right to right side, Step right next to left, Point left to left side
&6 Step left next to right, Touch right next to left
7&8 Hitch right knee (pointing toe) rising up on ball of left, Step forward on right, Step forward on left

A3: WALK, STEP, $\frac{1}{4}$, CROSS SHUFFLE, SIDE ROCK & WALK

1-2-3 Walk forward on right, Step forward on left, $\frac{1}{4}$ pivot right stepping right to right side [3:00]
4&5 Cross left over right, Step right to right side, Cross left over right
6-7& Rock right to right side, Recover on left, Step right next to left
8 Walk forward on left

A4: WALK, WALK, $\frac{1}{4}$ ANCHOR TURN, $\frac{1}{4}$, $\frac{1}{2}$, L SAILOR

1-2 Walk forward on right, Walk forward on left
3&4 $\frac{1}{4}$ right locking right behind left, Step weight onto left, $\frac{1}{4}$ left stepping back on right [3:00]
5-6 $\frac{1}{4}$ left stepping left to left side, $\frac{1}{2}$ hinge turn left stepping right to right side [6:00]
7&8 Step left behind right, Step right to right side, Step left to left side

Part B (16 'slow' counts)

B1: WALK/SWEEP, WALK WALK PRESS, BACK BACK, $\frac{1}{4}$, SWAY SWAY, SIDE/Drag, BACK ROCK

1 Walk forward on right ronde sweeping left from back to front
2&3 Walk forward on left, Walk forward on right, Press forward on left
4&5 Step back on right, Step back on left, $\frac{1}{4}$ right stepping right to right side [3:00]
6&7 Sway left, Sway right, Long step left to left side dragging right to meet left
8& Cross rock right behind left, Recover on left

B2: WALK/ $\frac{1}{4}$ SWEEP, CROSS SIDE BEHIND/SWEEP, BEHIND SIDE CROSS, SWAY SWAY, SIDE/Drag, BACK ROCK

1 Walk forward on right ronde sweeping left $\frac{1}{4}$ right to face [6:00]
2& Cross left over right, Step right to right side
3 Cross left behind right ronde sweeping right from front to back
4&5 Cross right behind left, Step left to left side, Cross right over left
6&7 Sway left, Sway right, Long step left to left side dragging right to meet left

8& Cross rock right behind left, Recover on left

Thank you to Kelvin Deadman for suggesting the music

www.facebook.com/MaggieGChoreographer or www.maggiieg.co.uk
