Laissez-moi danser (Monday Tuesday)



拍数: 112 编数: 1 级数: Phrased Beginner / Improver

编舞者: Maryse Fourmage (FR) & Angéline Fourmage (FR) - September 2019

音乐: Laissez-moi danser (Monday Tuesday) - Dalida: (amazon)



Start: 24 counts (aproximatevely 11s)

Sequence: B-B-A-A-C-C-B-A-C-C-B-B-Final

Part A (32)

[1-8] Walk FW, Together, Swivel

1-2 RF FW, LF FW

3-4 RF FW, LF next to RF

5-6 Make R Hell to R side, Heel recover to center7-8 Make R Hell to R side. Heel recover to center

[9-16] Walk Back, Together, Swivel

1-2 RF Back, LF Back3-4 RF Back, LF next to RF

5-6 Make R Hell to R side, Heel recover to center7-8 Make R Hell to R side, Heel recover to center

[17-24] Step, Touch, Step, Touch, Point, Together, Point, Together

1-2 RF to R side, Touch LF next to RF
3-4 LF to L side, Touch RF next to LF
5-6 Point RF to R side, RF next to LF
7-8 Point LF to L side, LF next to RF

[25-32] Step, Turn 1/2 L, Cross Point, Step, Turn 1/2 R, Cross Point

1-2 RF RW, Turn 1/2 L (Weight is on LF)3-4 Cross RF over LF, Point LF to L side

5-6 LF FW, Turn 1/2 R

7-8 Cross LF over RF, Point RF to R side

Part B (24)

[1-8] Vine, Touch, Arms Disco (Moulinet)

1-2 RF to R side, LF behind RF
3-4 RF to R side, Touch LF next to RF
5-6-7-8 Make Arms Disco (Moulinet)

[9-16] Vine, Touch, Arms Disco (Moulinet)

1-2 LF to L side, RF behind LF
3-4 LF to L side, Touch RF next to LF
5-6-7-8 Make Arms Disco (Moulinet)

[17-24] V-Stepx2

1-2 RF to R diagonal FW, LF to L diagonal FW

3-4 RF Back, LF next to RF

5-6 RF to R diagonal FW, LF to L diagonal FW

7-8 RF Back, LF next to RF

Part C (56)

[1-8] Cross Point x 4

1-2 Cross RF over LF, Point LF to L side

3-4	Cross LF over RF, Point RF to R side
5-6	Cross RF over LF, Point LF to L side
7-8	Cross LF over RF, Point RF to R side

[9-16] Cross Point x 4

1-2	Cross RF behind LF, Point LF to L side
3-4	Cross LF behind RF, Point RF to R side
5-6	Cross RF behind LF, Point LF to L side
7-8	Cross LF behind RF, Point RF to R side

[17-24] Rolling Vine R, Touch, Rolling Vine L, Touch

1-2	Make ¼ R with RF FW, make ½ R with LF Back
3-4	Make 1/4 R with RF to R side, Touch LF next to RF
5-6	Make ¼ L with LF FW, make ½ L with RF Back
7-8	Make 1/4 L with LF to R side, Touch RF next to LF

[25-32] Rocking-Chair, Jazz-Box

1-2	RF RW, Recover to LF
3-4	RF Back, Recover to LF
5-6	Cross RF over LF, LF Back
7-8	RF to R side. Cross LF over RF

[33-40] Cross Point x 4

1-2	Cross RF over LF, Point LF to L side
3-4	Cross LF over RF, Point RF to R side
5-6	Cross RF over LF, Point LF to L side
7-8	Cross LF over RF, Point RF to R side

[41-48] Cross Point x 4

1-2	Cross RF behind LF, Point LF to L side
3-4	Cross LF behind RF, Point RF to R side
5-6	Cross RF behind LF, Point LF to L side
7-8	Cross LF behind RF, Point RF to R side

[49-56] Vine, Touch, Vine, Touch

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1-2		RF to R side, LF behind RF
3-4		RF to R side, Touch LF next to RF
5-6		LF to L side, RF behind LF
7-8		LF to L side, Touch RF next to LF

Final:

- Arm R Up, Arm L Up

- Arms down

NOTA: RF = Right Foot, LF = Left Foot, FW = Forward, R = Right, L = Left

Smile and enjoy the dance

Contact: maellynedance@gmail.com