1001 Nights



拍数: 112 墙数: 2 级数: Phrased Intermediate

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October 2019

音乐: 1001 Arabian Nights - Chipz



Sequence: A Tag BCA Tag BCA Tag BB

Intro (Start at the first heavy beat)

Dance Part C + Tag

Part A (48 counts)

[1-8] FWD WALKS, KICK, DIAG BACK TOUCHES WITH CLAPS

1-4 Weight on LF: Step RF fwd (1), step fwd on LF (2), step fwd on RF (3), kick LF fwd (4)

5-6 Step LF back to L diagonal (5), touch R toes beside LF while clapping hands (6)

7-8 Step RF back to R diagonal (7), touch L toes beside RF while clapping hands (8) [12.00]

[9-16] L GRAPEVINE, POINT, R ROLLING VINE, TOUCH

1-4 Step LF to L (1), cross RF behind LF (2), step LF to L (3), point R toes to R (4)

5-8 Turn ¼ R stepping RF fwd (5), turn ½ R stepping LF back (6), turn ¼ R stepping RF to R (7),

touch L toes beside RF (8) [12.00]

[17-24] FWD WALKS, KICK, DIAG BACK TOUCHES WITH CLAPS

1-4 Step LF fwd (1), step fwd on RF (2), step fwd on LF (3), kick RF fwd (4)

5-6 Step RF back to R diagonal (5), touch L toes beside RF while clapping hands (6)

7-8 Step LF back to L diagonal (7), touch R toes beside LF while clapping hands (8) [12.00]

[25-32] ROCKING CHAIR, 1/4R JAZZ BOX

1-4 Rock RF fwd (1), recover on LF (2), rock RF back (3), recover on LF (4)

5-8 Cross RF over LF (5), turn 1/8 R stepping LF back (6), turn 1/8 R stepping RF to R (7), step

LF fwd (8) [3.00]

[33-40] FWD, HITCH, BACK, TOUCH, FWD, HITCH 1/4L, BEHIND SIDE CROSS

1-4 Step RF fwd (1), lift L knee beside RF (2), step LF back (3), point R toes to the back (4)

5-6 Step RF fwd (5), lift L knee beside RF turning ¼ L on ball of RF (6)

7&8 Cross LF behind RF (7), step RF to R (&), cross LF over RF (8) [12.00]

[41-48] SIDE ROCK CROSSES, 'OPEN SESAME'

1&2 Rock RF to R (1), recover on LF (&), cross RF over LF (2)
3&4 Rock LF to L (3), recover on RF (&), cross LF over RF (4)

5-8 Step RF fwd to R diagonal (5), step LF fwd to L diagonal (6), step RF back (7), close LF

beside RF (8) [12.00]

Part B (16 + 16 counts)

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[1-8] 1001 ARM MOVEMENTS, 1/4R JAZZ BOX

Place L arm horizontally in front of your chest while putting your R elbow vertically on top of L

fingers. Both arms are at 90 degrees with each other – Showing '1'

2 Bend R wrist down & L wrist up and move R hand towards L elbow so both forearms are at

horizontal with fingers of both hands touching the other's elbow - Showing 'O'

3 Keep fingers of both hands on the elbows but switch their positions so L arm is above R arm,

now R wrist is bended upwards while L wrist is bended downwards – Showing 'O'

Bring L forearm up vertically with L elbow on top of your R fingers keeping your R arm

horizontally in front of your chest, both wrists straight – showing '1'

5-8 Cross RF over LF (5), turn 1/8R stepping LF back (6), turn 1/8R stepping RF to R (7), step LF

fwd (8) [3.00]

[For counts 1-4, do refer video of clearer visual of arm movements]

[9-16] R SIDE TOUCH, L DIAGONAL KICK BALL CROSS, MIRROR

Step RF to R (1), touch L toes beside RF facing L diagonal (2)
Kick LF fwd (3), close ball of LF beside RF (&), cross RF over LF (4)
Step LF to L (5), touch R toes beside LF facing R diagonal (6)

7&8 Kick RF fwd (7), close ball of RF beside LF (&), cross LF over RF (8) [3.00]

[17-32] Repeat 1-16 of Part B [end facing 6:00]

Part C (16 + 16 counts)

[1-8] HIP BUMPS, R BEHIND SIDE CROSS, HIP BUMPS, TOUCH, 1/2L UNWIND

1-2 Point R toes to R bumping hips to R 2X

3&4 Cross RF behind LF (3), step LF to L (&), cross RF over LF (4)

5-6 Point L toes to L bumping hips to L 2X

7-8 Touch L toes behind RF (7), turn ½L stepping LF in place (8) [6.00]

[9-16] HIP BUMPS, R BEHIND CROSS, POINT, HITCH ACROSS, POINT, FWD

1-2 Point R toes to R bumping hips to R 2X

3&4 Cross RF behind LF (3), step LF to L (&), cross RF over LF (4)

5-8 Point L toes to L (5), lift L knee across RF (6), point L toes to L (7), step LF fwd (8) [6.00]

[17-32] Repeat 1-16 of Part C [End facing 12:00]

Tag

[1-4] HIP BUMPS

1-2 Bump hips to R 2X3-4 Bump hips to L 2X

Ending: Do the last 8 counts of Part B. Then step RF to R for a big finish!

Note: The dance is choreographed for the Arabian Night LDF event in Klang Malaysia on 19 Oct 2019. Last Update - 23 Oct. 2019