

Delirious

拍数: 32 墙数: 4 级数: Intermediate NC
编舞者: Paul Snooke (AUS) - September 2019
音乐: Delirious - Chase Fouraker



Intro: Starts on lyrics 0:17 seconds into the track

Forward, Rock/Recover, Back & Sweep, Behind Side 1/8 Forward, Together & Slide, 1/2 Forward, 1/2 Back

- 1-2& Step LF forward, Step RF forward, Recover weight to LF
- 3-4& Step RF back & sweep LF around to behind RF, Step LF behind RF, Step RF to R side
- 5-6 Turn 1/8 R & step LF forward, Step RF forward [1:30]
- 7-8& Step LF together & slide R toe back, Turn 1/2 R & step RF forward, Turn 1/2 R & step LF back [1:30]

Coaster, 1/2, Scissor, Side, Behind, Side, Cross, 3/4 Unwind

- 1&2& Step RF back, Step LF together, Step FR forward, Turn 1/2 L transferring weight to LF [7:30]
- 3&4& Turn 1/8 L & Step RF to R side, Step LF together, Cross RF over LF, Step LF to L side [6:00]
- 5-6 Cross RF behind LF, Step LF to L side
- 7-8 Cross RF over LF, Unwind 3/4 with weight on LF [9:00]

R Forward, L Forward, 1/2, L, Forward, R Forward, 1/4, R Cross & Sweep, Cross Side, 1/8 Rock/Recover, 1/8 Side

- 1-2& Step RF forward, Step LF forward, Turn 1/2 R transferring weight to RF [3:00]
- 3-4& Step LF forward, Step RF forward, Turn 1/4 L transferring weight to LF [12:00]
- 5-6& Cross RF over LF & sweep LF around in front of RF, Cross LF over RF, Step RF to R side
- 7-8& Turn 1/8 L & rock LF back [10:30], Recover weight to RF, Turn 1/8 R & step LF to L side [12:00]

1/2 Side, Cross/Recover, Side, Cross/Recover, Full turn R,L,R & sway R, Sway L, Scissor 1/4

- 1&2& Turn 1/2 R & Step RF to R side, Cross/Rock LF over RF, Recover weight to LF, Step LF to L side [6:00]
- 3&4& Cross RF over LF, Cross/Rock recover weight to LF, Turn 1/4 R & step RF forward, Turn 1/2 R & step LF back [3:00]
- 5-6 Turn 1/4 R & Step RF to R side swaying R, Sway L [6:00]
- 7-8 Step RF to R side, Drag L together while slightly bending knees.

NOTE: to start the dance again, you need to add a 1/4 turn the beginning of the dance. So count 1 will now be:

Turn 1/4 L & Step LF forward for every wall.

Contact Info:

Paul Snooke (AUS) paul.snooke@gmail.com
Last updated on 30 September 2019