

Moana

拍数: 64 墙数: 2 级数: Phrased Intermediate
编舞者: Julee Hansel (INA) - May 2020
音乐: How Far I'll Go - Auli'i Cravalho : (Album: Moana OST)



*1 Tag - No Restart

Phrase: A A B – Tag – C C D A A B – Tag – C C C C D

SEQUENCE : A (16 Counts)

Section A1: 1/2 Turn & Sweep, Diagonal Rock (2x), Forward Rock & Turn

- 1 – 2 & Stepping L fwd while turning ½ to right & sweep R to back (6.00), step R behind L, step L to side.
- 3 – 4 & Turn 1/8 to left step R fwd (4.30), recover on L, squaring & step R to side (6.00).
- 5 – 6 & Turn 1/8 to right step L fwd (7.30), recover on R, squaring & step L to side (6.00).
- 7 – 8 Step R fwd, step L fwd.

Section A2: Forward Rock-Turn, 3 Steps Turn, Cross-Spiral with Hitch, Coaster Step

- 1 2 & 3 Step R fwd, recover on L, turn ½ to right & step R fwd (12.00), step L fwd .
- 4 & 5 Turn ½ to left & step R to back (6.00), turn ½ to left & step L fwd (12.00), cross R over L (with flexible L knee preparing to turn on bold).
- 6 - 7 Step L on bold & turn ½ to right while hitching right knee (6.00), step R to back.
- & 8 Step L to next to R, step R fwd.

SEQUENCE B (16 Counts)

Section B1 (counted as the next wall) Full Diamond Fall Away

- 1 & 2 Turn 1/8 to right & Step L fwd (1.30), step R fwd, turn 1/8 to right & step L to side (3.00).
- 3 & 4 Turn 1/8 to right & Step R to back (4.30), step L to back, turn 1/8 to right & step R to side (6.00).
- 5 & 6 Turn 1/8 to right & Step L fwd (7.30), step R fwd, turn 1/8 to right & step L to side (9.00).
- 7 & 8 Turn 1/8 to right & Step R to back (10.30), step L to back, turn 1/8 to right & step RF to side (12.00).

Section B2: Forward Step-Kick, Backward Step, Cross Behind, Slow Motion Turning

- 1 – 2 Step L fwd, slowly kick R fwd.
- 3 – 4 Step R to back, cross L behind R on bold and bend the knees (prepare to turn on bold).
- 5 – 8 Turn ½ to L on bold on both feet (step on LF on the count of 8) (6.00).

(Tag : 4 counts after wall 3 & 9)

SEQUENCE C (16 Counts)

Section C1 (counted as next wall) Pivot (3x), Syncopated Weave, Turn-Sweep

- 1 & 2 & Step R fwd, turn ½ to left recover on L (12.00), step R fwd, turn ½ to left recover on L (6.00).
- 3 & 4 Step R fwd, turn ¼ to left recover on L (3.00), cross R over L.
- 5 – 6 & Slide L to side, cross R behind L, step L to side.
- 7 – 8 Cross R over L, turn ¼ to right & step L to back while sweeping R front to back (6.00).

Section C2: Coaster Step, Pivot-Cross, Walk Behind-Hitch, Recover

- 1 & 2 Step R to back, step L next to R. Step R fwd.
- 3 – 4 Step L fwd, turn ½ to right & recover on R (12.00).
- 5 – 6 Cross L over R & bend both knees. Step R in place while hitching left knee,
- 7 – 8 & Step L behind R while hitching right knee, step R behind L, recover on L.

SEQUENCE D (16 Counts)

Section D1 (counted as the next wall) Diagonal Slide Touch (4x)

- 1 – 2 Turn 1/8 to left & slide R to side (10.30), drag L on bold next to R.
- 3 – 4 Turn ¼ to right & slide L to side (1.30), drag R on bold next to L.
- 5 – 6 Slide R to side, drag L on bold next to R.
- 7 – 8 Turn ¼ to left & slide L to side (1.30), squaring & drag R on bold next to L (12.00).

Section D2: Turn, Unwind, Basic NC, Turn-Sweep

- 1 – 2 Turn ¼ to right & step RF fwd (3.00), cross L over R & ¾ turn to R (12.00).
- 3 – 4 & Slide R to side, step L behind R, cross R over L.
- 5 – 6 & Slide L to side, step R behind L, cross L over R.
- 7 – 8 Turn ½ to right step R fwd while sweeping L back to front

(Note: after the wall 6 continue to sweep L & then sweep R and start with the sequence A).

TAG (4 Counts)

Backward Step- Kick, Forward Step-Hold

- 1 – 2 Step R to back & kick L
- 3 – 4 Step L, hold

Happy Dancing - Life is Beautiful

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