Shelter



拍数: 64 增数: 2 级数: High Intermediate

编舞者: Maggie Gallagher (UK) & Gary O'Reilly (IRE) - August 2020

音乐: Shelter - FINNEAS: (Amazon & iTunes - 3:07)



Intro: 16 counts

	FORWARD COASTER/SWEEP	

1-2-3 Walk forward on left slightly crossing over right, Rock right to right side, Recover on left
4&5 Cross right over left, Rock left to left side, Recover on right turning ⅓ right [1:30]

6-7 Walk forward on left, Walk forward on right

Step forward on left bending knees, Step right next to left bending knees, Step back on left

ronde sweeping right from front to back [1:30]

S2: BACK/SWEEP, BACK/SWEEP, SAILOR STEP, HOLD, BALL, SIDE, TOUCH

Step back on right ronde sweeping left from front to back

3 Step back on left ronde sweeping right from front to back and straightening to [3:00]

4&5-6 Step right behind left, Step left to left side, Step right to right side, HOLD Step on ball of left next to right, Step right to right side, Touch left next to right

S3: & CROSS/DIP, SIDE, CROSS/DIP, BACK SIDE CROSS/DIP, SIDE, CROSS/DIP, SIDE

&1-2-3 Step left next to right, Cross right over left bending knees, Step left to left side, Cross right

over left bending knees

4&5 Step back on left, Step right to right side, Cross left over right bending knees

6-7-8 Step right to right side, Cross left over right bending knees, Step right to right side

S4: 1/4, 1/4, 1/4/DRAG, TOGETHER & SIDE, BEHIND/DIP, SIDE, CROSS

1-2 ¼ hinge turn left stepping left to left side, ¼ hinge turn left stepping right to right side [9:00]

3 ¼ hinge turn left taking long step to left side and dragging right to meet left [6:00]

4&5 Step right next to left, Step left in place, Step right to right side

6-7-8 Cross left behind right dipping slightly, Step right to right side, Cross left slightly over right

angling body to [7:30]

S5: BUMP BUMP PRESS, RECOVER, R COASTER, ROCK, RECOVER, ½ SHUFFLE

1&2-3 Step on ball of right to [7:30] bumping hips forward, Bump hips back, Press/rock forward on

right, Recover on left

4&5 Step back on right, Step left next to right, Step forward on right [6:00]

6-7 Rock forward on left, Recover on right

8&1 ½ left stepping forward on left, Step right next to left, ** Step forward on left [12:00]

**Restart Wall 5

S6: WALK, WALK, ANCHOR STEP, ½, STEP LOCK STEP

2-3 Walk forward on right, Walk forward on left

4&5 Lock right behind left, Step weight onto left, Step slightly back on right

6 ½ left stepping forward on left [6:00]

7&8 Step forward on right, Lock left behind right, Step forward on right *Restart Wall 2

S7: BUMP BUMP PRESS, RECOVER, TOGETHER, OUT OUT IN IN, OUT OUT IN IN

1&2-3 Step on ball of left to [4:30] bumping hips forward, Bump hips back, Press/rock forward on

left, Recover on right

4&5&6 Step left next to right, Step right to right side, Step left to left side, Step right back to centre,

Step left next to right

&7&8 Step right to right side, Step left to left side, Step right back to centre, Step left next to right Choreographers' note: Rise up on the balls of the feet on the OUT OUT steps, and step down on the IN IN

steps

S8: ROCK, RECOVER, 1/2, 1/2, BACK/SIT, STEP, WALK, RONDE HITCH

- 1-2 Rock forward on right, Recover on left
- 3-4 ½ right stepping forward on right, ½ right stepping back on left [6:00]
- 5-6 Sit back on right bending knees, Step forward on left
- 7-8 Walk forward on right slightly crossing over left, Rise up on ball of right ronde hitching left

knee across right

*RESTART: After 48 counts of Wall 2 facing [12:00]

TAG: At the end of Wall 4, repeat the last 16 counts of the dance (Sections 7 & 8) facing [12:00]

**RESTART: Dance 40& counts of Wall 5, then restart the dance facing [12:00]

ENDING: Dance 48 counts of Wall 6, then cross left over right and swivel ½ right to finish facing [12:00]

Thank you to Becky Kelly from Tucson, Arizona for suggesting the music

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