

Rudolph

拍数: 32 墙数: 4 级数: Beginner
编舞者: Sylvie CARNOY (FR) - 16 December 2020
音乐: Run Run Rudolph - Luke Bryan



#1 final on 12th wall after 12 counts

Start 6 x 8 counts (intro 16 counts + 4 x 8 counts)

SECTION 1 - SIDE TRIPLE STEP, ROCK BACK, KICK BALL CROSS (x2)

1&2 step RF to right side, step LF next RF, step RF to right side
3 - 4 step LF back, recover on RF
5&6 kick ball cross : kick LF diagonally forward left, step LF next RF (on ball), cross RF forward LF
7&8 kick ball cross : kick LF diagonally forward left, step LF next RF (on ball), cross RF forward LF

SECTION 2 - SIDE ROCK ¼ TURN RIGHT, TRIPLE STEP FORWARD, ROCK FORWARD, ROCK BACK & KICK LEFT

1 - 2 step LF to left side, ¼ turn right D recover on RF forward 3.00
3&4 step LF forward, step RF next to LF, step LF forward
5 - 6 step RF forward*, recover on LF *final
7 - 8 step RF back & kick LF forward, step RF forward (weight on LF)

SECTION 3 - SIDE POINT, TOGETHER, SIDE POINT, TOGETHER, SWIVET (x2) or TOE FAN (x2)

1 - 2 touch toe right to the right, RF next to LF (weight on RF)
3 - 4 touch toe left to the left, LF next to RF (weight on LF)
5 - 6 a t the same time, pivot right toe (weight on right heel) to right and left heel (weight on left toe) to left, return to the center (weight RF)

*or pivot right toe to right, return to the center (weight RF)

7 - 8 a t the same time, pivot left toe (weight on left heel) to left and right heel (weight on right toe) to right, return to the center (weight LF)

*ou pivot left toe to left, return to the center (weight LF)

SECTION 4 - STEP ½ TURN, SUGAR FOOT (or WALK x2), TRIPLE STEP FORWARD, STEP, SLIDE

1 - 2 step RF forward, ½ turn left (weight LF) 9.00
3 - 4 step RF diagonally forward right pivot the heel to right, step LF diagonally forward left pivot the heel to left

*ou step RF forward, step LF forward

5&6 step RF forward, LF next to RF, step RF forward
7 - 8 long step LF diagonally left forward, slide RF next to LF (weight LF)

* Final at the 12th wall, you start it facing 3.00, do the first 12 counts then :

Replace accounts 5-6 ROCK FORWARD of section 2 by STEP ½ TURN LEFT : step RF forward, ½ turn left (weight LF), and finish section 2 facing 12.00.

Good luck , good dance !

RF : right foot - LF : left foot

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