

Gentle Lamb

拍数: 104 墙数: 3 级数: Beginner
编舞者: Raimon Alzamora (ES) - January 2021
音乐: Gentle As a Lamb - Charlie Rich



The dance is long but easy.

HOOK COMBINATION x 2, STEP LOCK STEP FAN

1-2 Kick fwd Rf, cross Rf
3-4 Kick fwd Rf, together (dig)
5-6 Kick fwd Rf, cross Rf
7-8 Kick fwd Rf, together
1-2 Small fwd step Rf, behind step Lf
3-4 Small fwd step Rf, together Lf
5-6 Lf turn a quarter to left, Lf come back
7-8 Lf turn a quarter to left, Lf come back

HOOK COMBINATION x 2, STEPLOCKSTEP FAN

1-2 Kick fwd Lf, cross Lf
3-4 Kick fwd Lf, together (dig)
5-6 Kick fwd Lf, cross Lf
7-8 Kick fwd Lf, together
1-2 Small fwd step Lf, behind step Rf
3-4 Small fwd step Lf, together Rf
5-6 Rf turn a quarter to right, Rf come back
7-8 Rf turn a quarter to right, Rf come back

VINES (RIGHT, LEFT), FULLTURN (STEPTOGETHER x 4)

1-2 Right step Rf, behind step Lf
3-4 Right step Rf, scuff diagonal left Lf
5-6 Left step Lf, behind step Rf
7-8 Left step Lf, scuff fwd Rf
1-2 Fwd step Rf with a quarter turn, together Lf
3-4 Left step Lf with a quarter turn, together Rf
5-6 Fwd step Rf with a quarter turn, together Lf
7-8 Left step Lf with a quarter turn, together Rf

VINES (RIGHT, LEFT), TWIST: R,H,L,H,R,L,R,L

1-2 Right step Rf, behind step Lf
3-4 Right step Rf, scuff diagonal left Lf
5-6 Left step Lf, behind step Rf
7-8 Left step Lf, together Rf
1-2 Heels to diagonal right, hold
3-4 Heels to diagonal left, hold
5-6 Heels to diagonal right, heels to diagonal left
7-8 Heels to diagonal right, heels to diagonal left

VINES of 8 (RIGHT, LEFT)

1-2 Right step Rf, behind step Lf
3-4 Right step Rf, ahead step Lf
5-6 Right step Rf, behind step Lf
7-8 Right step Rf, scuff diagonal left Lf

1-2 Left step Lf, behind step Rf
3-4 Left step Lf, ahead step Rf
5-6 Left step Lf, behind step Rf
7-8 Left step Lf, scuff diagonal right Rf

VINE (RIGHT), 1/4TURN STEPSTOMP, HOLD x 3, BACK TOE STRUTS x 4

1-2 Right step Rf, behind step Lf
3-4 Right step Rf, scuff diagonal left Lf
5-6 1/4 turn step with stomp Lf, hold
7-8 Hold, hold
1-2 Heel Rf up, down
3-4 Heel Lf up with back step, down
5-6 Heel Rf up with back step, down
7-8 Heel Lf up with back step, down

FWD TOE STRUTS x 2, CROSS HOLD 1/2TURN HOLD

1-2 Heel Rf up with fwd step, down
3-4 Heel Lf up with fwd step, down
5-6 Cross Rf ahead, hold
7-8 1/2 turn, hold

Restarts:

Wall 2: don't do the last 8 counts

Wall 4: only to do the first 16 counts
