

Rolando

拍数: 32 墙数: 1 级数: Beginner +
编舞者: Montana Country Show (FR) - December 2020
音乐: Southamerican Way - Nacho Cejas
或: Come On In (feat. Buck Owens) - Brad Paisley



Intro : Nacho Cejas = start - talking

Intro : Brad Paisley = start to « Morning »

Always refer to the videos to learn the Montana Style, the script is created by Montana France to help traditional style dancers, but it does not replace the effectiveness of videos

(body language/hats games)

Hat (possible to do without) and gesture = in yellow

(1-8) (Heel, together) R&L, Out x2, Jump, Side, Cross point, Side (or jump to side), Cross point

1&2& R heel forward, R next to L, L heel forward, L next to R

3&4 R to R, L to L, bring the feet together with a little jump

5-6 R to R, cross L point forward R

7-8 L to L (or a little jump to L to bring the feet together), cross R point forward L

(9-16) ¼ turn & Back, Mambo, Step ½ turn, Step ¼ turn, ¼ turn

1 ¼ turn to L and R back 9H

2&3 L back, return on R, L forward

Take the hat with R hand and start a circle from back to front (passing down to the floor)

4-5 R forward, ½ turn to L 3H

Finish the circle with the hat by passing above you

6-7-8 R forward hold the hat in front of the chest with both hands, ¼ turn to L, ¼ turn to L 12H-9H

(17-24) ¼ turn, Rock syncopated, frwd, Hitch, Back, Rocking chair, Side

1-2& ¼ turn to R (L support), R back and L heel forward arm stretched up with hat, 12H return on L start a circle with the hat from front to back (going down to the floor)

3-4 R forward continue the circle with the hat above you, raise L knee touch the hat on the knee (if no hat, touch the knee with the R hand)

5-6& L back put the hat back on, R back, return on L

7&8 R forward (or R heel with body weight), return on L, R to R

(25-32) Body roll, body roll with ¼ turn, Heel strut x4 (3/4 turn)

1-2 Hands on the belt make a circular movement of the pelvis in a clockwise direction from right to left back to finish with the weight of the body on L (the body looks slightly to the right)

3-4 Make a circular movement of the pelvis counterclockwise from left to right by making a ¼ turn to the L (body weight on L) 9H

5&6&7&8& Hands free 4 « Heel strut » (heel forward, lower the tip of the foot) = R/L/R/L by making ¾ turn to L 12H