

This Town

拍数: 32 墙数: 4 级数: Improver
编舞者: Karin van der Merwe (SA) - September 2021
音乐: This Town (feat. Ladysmith Black Mambazo) - Jeremy Loops



Tag: Walls: 3,4,10

Intro: 36 Counts (wait the first 4 counts of intro and start at .34secs dancing the tag twice as intro before the main dance starts at .52 secs)

[1-8] Walk, Walk, Cross Side Rock, Cross, Side, ¼ L Sailor Turn

1,2 (1) Step RF fwd, (2) Step LF fwd,
3&4 (3) Cross RF over LF, (&) Rock LF to L side, (4) Recover on to RF
5,6 (5) Cross LF over RF, (6) Step RF to R side [12:00]
7&8 (7) Cross LF behind RF turning ¼ turn left, (&) Step RF to R side, (8) Step LF to L side [9:00]

[9-16] Rock, Recover, Side, Rock, Recover, Side, Weave to Left

1,2&3,4 (1) Cross rock RF over LF, (2) Recover back on LF, (&) Step to R side on RF (3) Cross rock LF over RF, (4) Recover back on RF, (&) Step to L side on LF [9:00]
5,6,7,8, (5) Cross RF over LF, (6) Step LF to L side, (7) Cross RF behind LF, (8) Step LF to L side [6:00]

[17-24] ' To L diagonal - Step, Step, Swivel, Behind Side Cross, Step, Swivel, Step back

1,2&3 (1) Step RF fwd to L diagonal (7:30), (2) Step LF to L diagonal (7:30), (&) Swivel both heels to left, (3) Swivel both heels right back to centre
4&5 (4) Cross LF behind RF, (&) Step RF to R side, (5) Cross LF over RF [9:00]
6&7,8 (6) Step RF fwd to R diagonal (10:30), (&) Swivel both heels to R, (7) Swivel both heels left back to centre, (8) Step back on RF [9:00]

[25-32] ½ Left Reverse Chug, Side, Back Rock, Side, Close

1,2,3,4 (Start a ½ reverse chug to left keeping weight on RF and touching with left for each 1/8 of a turn) - (1) turn 1/8 L touching LF...repeat for counts (2,3,4) [3:00]
5,6&7,8 (5) Step to L side on LF, (6) Rock back on RF, (&) Recover fwd on to LF, (7) Step to R side on RF, (8) Close LF next to RF [3:00]

Tag : END OF WALLS 3,4,10

[1-8] Heel Grind, Step, Heel Grind, Step, R Rocking Chair

1,2&3,4& (1,2) Grind R Heel (&) Place weight on RF (3,4) Grind L Heel (&) Place weight on LF
5,6,7,8 (5) Rock fwd on RF, (6) Rock back on LF, (7) Rock back on RF, (8) Rock fwd on LF

[9-16] R Side, Touch, L Side, Touch, Heel, Hold, Ball, Heel, Hold, Ball

1,2,3,4 (1) Step RF to R side, (2) Touch LF next to RF, (3) Step LF to L side, (3) Touch RF next to LF
5,6&7,8& (5) Touch R Heel fwd, (6) Hold, ARMS {bent elbows and closed fists place L arm in front of chest and R arm behind body} (&) Step on to RF, (7) Touch L Heel fwd, (8) Hold, ARMS {bent elbows and closed fists place R arm in front of chest and L arm behind body} (&) Step on to LF (change arms on the "&" count)

Start Again.....

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