

Mein Federkleid

拍数: 64 墙数: 4 级数: Phrased Improver
编舞者: Claudia Arndt (DE) - October 2021
音乐: Federkleid - Faun



The dance begins after 44 beats (after playing the flute)

Sequenz: ABB; A; ABB; AAAA; Hold, B; AAA

Part; A (1 wall)

A1: Cross-side-heel & cross-side-heel & kick 2x, coaster step

- 1& Cross right foot over left and small step to the left with left
- 2& Tap the right hoe diagonally to the right front and put the right foot on the left
- 3& Cross left foot over right and small step to the right with right
- 4& Tap the left toe diagonally to the left front and put your left foot on the right
- 5-6 Kick right foot 2x forward
- 7&8 Step backwards with right - Put left foot to right and small step forward with right

A2: Touch, heel side, coaster step, ¼ turn r/touch, heel side, coaster step

- 1-2 Tap left toe next to right foot (knee inwards) - Tap left hoe slightly to the left
(foot tip to the outside)
- 3&4 Step backwards with left - right foot to left and small step forward with left
- 5-6 1/4 turn right around and tip right foot next to left foot (knee inwards) - Right Tap a little to the
right (tip of your foot to the outside) (3 o'clock)
- 7&8 Step backwards with right - put left foot to right and small step forward with right

A3: Rock across, chassé l, rock across, chassé r turning ¼ r

- 1-2 Cross left foot over right - weight back to right foot
- 3&4 Step to the left with left - right foot to left and step to the left with left
- 5-6 Cross right foot over left - weight back to left foot
- 7&8 Step to the right with right - Put left foot to right, 1/4 turn right around and step to the front
with right (6 o'clock)

A4: Step, pivot ½ r, shuffle forward, step, pivot ½ l 2x

- 1-2 Step forward with left - 1/2 turn right around on both bales, weight at the end right (6 o'clock)
- 3&4 Step forward with left - right foot to left and step forward with left
- 5-6 Step forward with right - 1/2 turn left around on both bales, weight at the end left (6 o'clock)
- 7-8 How 5-6 (12 o'clock)

Part/Part B (4 wall; starts the 1st time towards 12 o'clock)

B1: Chassé, rock back r + l

- 1&2 Step to the right with right - Put left foot to right and step to right with right
- 3-4 Step backwards with left - weight back to right foot
- 5&6 Step to the left with left - right foot to left and step to the left with left
- 7-8 Step backwards with right - weight back to left foot

B2: Shuffle forward r + l, rocking chair

- 1&2 Step forward with right - put left foot to right and step forward with right
- 3&4 Step forward with left - right foot to left and step forward with left
- 5-6 Step forward with right - weight back to left foot
- 7-8 Step backwards with right - weight back to left foot

B3: Rock side, shuffle across r + l

- 1-2 Step to the right with right - weight back to the left foot

3&4 Cross right foot far above left - Small step to the left with left and right foot far over cross left
5-6 Step to the left with left - weight back to the right foot
7&8 Cross left foot far above right - Small step to the right with right and left foot far over cross right

B4: Side, behind, ¼ turn r/shuffle forward, step, pivot ½ r, shuffle forward

1-2 Step to the right with right - Cross left foot behind right
3&4 1/4 turn right around and step forward with right - put left foot to right and step to the front with right (3 o'clock)
5-6 Step forward with left - 1/2 turn right around on both bales, weight at the end right (9 o'clock)
7&8 Step forward with left - right foot to left and step forward with left

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Last Update: 17 Jun 2022
