

Throwback

拍数: 104 墙数: 2 级数: Phrased Intermediate
编舞者: Isabelle Dréau (FR) & Bruno Penet (FR) - November 2021
音乐: Throwback - Josh Logan : (CD : Josh Logan)



SEQUENCE : A - TAG - B - A(32) - TAG - B - A(16) - TAG - B - B(24) - FINAL

PART A (48 Comptes)

SECT 1 : SIDE ROCK, CROSS SHUFFLE, ¼ TURN R & STEP BACK, STEP SIDE, SHUFFLE FWD

1-2 Step right to right side, recover weight on left
3&4 Cross right over left, step left to left side, cross right over left
5-6 ¼ turn right & step left back, step right to right side (3 :00)
7&8 Step left forward, step right together, step left forward

SECT 2 : ROCK FWD, ¼ TURN R & STEP SIDE, STOMP TOGETHER, SHUFFLE FWD, LARGE STEP SIDE, SLIDE, & STOMP UP

1-2 Step right forward, recover weight on left
3-4 ¼ turn right & step right to right side, stomp left beside right (6 :00)
5&6 Step right forward, step left beside right, step right forward
7-8& Step left to left side (large step), slide right towards left, stomp up right beside left

SECT 3 : SIDE ROCK, CROSS SHUFFLE, ¼ TURN R & STEP BACK, STEP SIDE, SHUFFLE FWD

1-2 Step right to right side, recover weight on left
3&4 Cross right over left, step left to left side, cross right over left
5-6 ¼ turn right & step left back, step right to right side (9 :00)
7&8 Step left forward, step right together, step left forward

SECT 4 : ROCK FWD, ¼ TURN R & STEP SIDE, STOMP TOGHETER, SHUFFLE FWD, LARGE STEP SIDE, SLIDE, & SCUFF

1-2 Step right forward, recover weight on left
3-4 ¼ turn right & step right to right side, stomp left beside right (12 :00)
5&6 Step right forward, step left beside right, step right forward
7-8& Step left to left side (large step), slide right towards left, scuff right beside left

SECT 5 : VAUDEVILLE TO L & R, ROCK FWD, ½ TURN R SHUFFLE

1&2& Cross right over left, step left back (slightly diagonal right), touch right heel forward (diagonal right), step right beside left
3&4& Cross left over right, step right back (slightly diagonal left), touch left heel forward (diagonal left), step left beside right
5-6 Step right forward, recover weight on left
7&8 ½ turn right & step right forward, step left beside right, step right forward (6 :00)

SECT 6 : VAUDEVILLE TO R & L, ROCK FWD, ½ TURN L SHUFFLE

1&2& Cross left over right, step right back (slightly diagonal left), touch left heel forward (diagonal left), step left beside right
3&4& Cross right over left, step left back (slightly diagonal right), touch right heel forward (diagonal right), step right beside left
5-6 Step left forward, recover weight on right
7&8 ½ turn left & step left forward, step right beside left, step left forward (12 :00)

PART B (56 comptes)

SECT 1 : ROCK FWD, TOGETHER, ROCK FWD, ¼ TURN L & CHASSE L, ROCK FWD

1-2& Step right forward, recover weight on left, step right beside left

- 3-4 Step left forward, recover weight on right
- 5&6 ¼ turn left & step left to left side, step right beside left, step left to left side (9 :00)
- 7-8 Step right forward, recover weight on left

SECT 2 : ROCK BACK, ½ TURN & STEP BACK, ¼ TURN & STEP SIDE, SIDE ROCK, ½ TURN & STEP SIDE, STOMP

- 1-2 Step right back, recover weight on left
- 3-4 ½ turn left & step right back (3 :00), ¼ turn left & step left on left side (12 :00)
- 5-6 Step right on right side, recover weight on left
- 7-8 ½ turn right & step right on right side, stomp left beside right (6 :00)

SECT 3 : [SIDE ROCK, TOGETHER] R & L, ROCK FWD, COASTER STEP

- 1-2& Step right to right side, recover weight on left, step right beside left
- 3-4& Step left to left side, recover weight on right, step left beside right
- 5-6 Step right forward, recover weight on left
- 7&8 Step right back, step left beside right, step right forward

SECT 4 : ROCK FWD, FULL TURN L ON PLACE, ROCKING CHAIR

- 1-2 Step left forward, recover weight on right
- 3&4 Full turn left & step left, right, left (on place)
- 5-6 Step right forward, recover weight on left
- 7-8 Step right back, recover weight on left

SECT 5 : SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, BEHIND-SIDE-CROSS

- 1-2 Step right to right side, recover weight on left
- 3&4 Cross right over left, step left to left side, cross right over left
- 5-6 Step left to left side, recover weight on right
- 7&8 Cross left behind right, step right to right side, cross left over right

SECT 6 : ¼ TURN R & ROCK FWD, ¼ TURN RIGHT & STEP FWD, STOMP TOGETHER, APPLE JACKS (Option : Swivets)

- 1-2 ¼ turn right & step right forward, recover weight on left (9 :00)
- 3-4 ¼ turn right & step right forward, stomp left beside right (12 :00)
- &5&6 Swivel left toe & right heel to the left (weight on left heel & right toe), return to center, swivel left heel & right toe to the right (weight on left toe & right heel), return to center
- &7&8 Swivel left toe & right heel to the left (weight on left heel & right toe), return to center, swivel left heel & right toe to the right (weight on left toe & right heel), return to center

SECT 7 : JAZZ BOX BACK, SLOW COASTER STEP, STOMP

- 1-2 Cross right over left, step left back
- 3-4 Step right to right side (slightly back), cross left over right
- 5-6 Step right back, step left beside right
- 7-8 Step right forward (large step), stomp left beside right

TAG (4 comptes)

SECT 1 : [STEP FWD, ½ TURN L] X2

- 1-2 Step right forward, pivot ½ turn left
- 3-4 Step right forward, pivot ½ turn left

FINAL: At the end of the dance add :

LARGE STEP FWD DIAG L, SLIDE TOGETHER

- 1-2 Step left forward diagonal left (large step), slide right beside left

Danse présentée en WORKSHOP le 06 Novembre 2021 - BAL DES HAPPY HEELS

Challenge Boy- CRAZY DANCERS OF COUNTRY MUSIC

Isabelle Dréau - HAPPY HEELS

Site : <http://challengeboy.free.fr/>

Last Update - 7 Dec. 2021
