

Scars

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Nina Skyrud (NOR) - January 2022
音乐: Scars - Collin Raye
或: Scars - Tony Ramey



(CBA 2022 Choreography Competition)

Restarts: In wall 4 and 6 after 8 counts and, if danced to the Collin Raye version, in wall 8 after 4 counts.

Intro: Start the dance after 16 counts

[1-8] Facing L diagonal: Rock fwd & dip, Run Back, Back Coaster, Step, 1/8 Turn Side Rock, Recover, Cross, 1/8 Turn Side Rock, Recover.

- 1 Step Left foot forward and dip down bending knees (1) [10:30]
- 2& Run back Right foot (2), Left foot (&)
- 3 Step Right foot a long step back (3)
- 4& Step Left next to Right (4), Step Right foot forward (&)

Collin Raye version: Restart here in wall 8

- 5 Step Left foot forward (5)
- 6& Turn 1/8 turn left stepping Right foot to right side (6) [9:00], Recover onto Left (&)
- 7 Cross Right foot over Left (7)
- 8& Turn 1/8 Turn right stepping Left foot to the left side (8), Recover onto Right (&) [10:30]

Restart here in wall 3 & 6

[9-16] Step, 1/2 Turn, 1/8 Turn into NC Basic R, Side, Back Mambo, Full Turn

- 1 Step Left foot forward (1)
- 2& Step Right foot forward (2), Turn 1/2 Turn Left stepping Left foot forward (&) [4:30]
- 3 Turn 1/8 Turn left stepping Right foot a long step to right side (3) [3:00]
- 4& Cross Left foot slightly behind Right (4), Cross Right foot over Left (&)
- 5 Step Left foot to left side (5)
- 6& Rock back on Right foot (6), Recover onto Left (&)
- 7 Step Right foot forward and prep. (7)
- 8& Turn 1/2 Turn right stepping Left foot back (8) [9:00], Turn 1/2 Turn right stepping Right foot forward (&) [3:00].

[17-24] 1/4 Turn Side w Sweep, Behind Side Cross w Hitch, Cross, Side, 1/8 Turn Back, Back Mambo, 1/2 Turn

- 1 Turn 1/4 Turn right stepping Left foot to left side sweeping Right CW (1) [6:00]
- 2& Cross Right foot behind Left (2), Step Left foot to left side (&)
- 3 Cross Right foot over Left and Hitch Left knee turning body to right diagonal (3)
- 4& Cross Left over Right (4), Step Right to right side (&)
- 5 Turn 1/8 left stepping Left foot a long step back (5) [4:30]
- 6& Step Right foot back (6), Recover onto Left (&)
- 7 Step Right foot forward (7)
- 8& Step Left foot forward (8), Turn 1/2 Turn stepping Right foot forward (&) [10:30]

[25-30] Step, Run fwd, Mambo 1/2 Turn, Full Turn, Step, Run fwd.

- 1 Step Left foot forward (1)
- 2& Run forward Right foot (2), Left foot (&)
- 3 Step Right forward (3)
- 4& Rock Left foot forward (4), Recover onto Right (&)
- 5 Turn 1/2 Turn left stepping Left foot forward (5) [4:30]

6& Turn ½ Turn left stepping Right foot back (6), Turn ½ turn left stepping Left forward (&
7 Step Right foot forward (7)
8& Run fwd. Right foot (8), Left foot (&) [4:30]

Start over!

Contact: ninasky@online.no
