

Chameleon

拍数: 32 墙数: 4 级数: Improver
编舞者: Gerard Murphy (CAN) & Hayley Wheatley (UK) - June 2022
音乐: Chameleon - PNAU



#64 Count Intro

(NO TAGS OR RESTARTS but with optional intro & ending)

S1: SIDE ROCK, RECOVER, TRIPLE STEP, SIDE ROCK, RECOVER, TRIPLE STEP

1-2 Rock RF to R side (1), Recover onto LF (2) 12:00
3&4 Step RF in place (3), Step LF in place (&) Step RF in place (4) 12:00
5-6 Rock LF to L side (5), Recover onto RF (6) 12:00
7&8 Step LF in place (7), Step RF in place (&) Step LF in place (8) 12:00

S2: PIVOT ½ TURN, PIVOT ¼ TURN, STEP SIDE, CROSS, STEP SIDE, CROSS

1-2 Step fwd on RF (1), pivot ½ turn L (2) 6:00
3-4 Step fwd on RF (3) Pivot ¼ turn L (4) (Weight ends on LF) 3:00
5-6 Step RF to R side (5), Cross LF over R (6) 3:00
7-8 Step RF to R side (7), Cross LF over R (8) 3:00

S3: STEP BACK, STEP SIDE, STEP LOCK FORWARD, FORWARD COASTER STEP, WALKS BACK

1-2 Step back on RF (1), Step LF to L side (2), 3:00
3&4 Step fwd on RF (3), Lock LF behind RF (&) Step fwd on RF (4) 3:00
5&6 Step fwd on LF (5), Close RF beside LF (&) Step back on LF (6) 3:00
7-8 Walk back on RF (7), Walk back on LF (8) 3:00

S4: COASTER STEP, DIAGONAL STEP WITH DIP, HEEL SWITCHES, PIVOT ½ TURN

1&2 Step back on RF (1), Close LF beside RF (&) Step fwd on RF (2) 3:00
3-4 Step LF to L diagonal while bending knees (3), Drag RF beside LF while straightening knees (4) (weight remains on LF) 3:00
5&6& Tap R heel fwd (5), Step RF beside LF (&), Tap L heel fwd (6) Step LF beside RF (&) 3:00
7-8 Step fwd on RF (7), Pivot ½ turn L (8) 9:00

This Dance has a long 64 count introduction, to make the dance more fun you have the option of incorporating the following choreography into this intro.

Counts 1-32: PRAYER POSE

[1-32] Close hands together at chest height in a praying pose.
(In Yoga this is called the pranamasana/namaste pose.) 12:00

Counts 33-48:

S1: HALF TURN R WITH PALM UP, HALF TURN L WITH PALM UP,

1&2& Step RF 1/8 turn R (1), Close LF beside RF (&), Step RF 1/8 turn R (2), Close LF beside RF (&) 3:00
3&4 Step RF 1/8 turn R (3), Close LF beside RF (&), Step RF 1/8 turn R (4)
Complete the above ½ turn circle with L hand on hip and R hand out to side at shoulder height with palm facing upwards. 6:00
5&6& Step LF 1/8 turn L (5), Close RF beside LF (&), Step LF 1/8 turn L (6), Close RF beside LF (&) 3:00
7&8 Step LF 1/8 turn L (7), Close RF beside LF (&), Step LF 1/8 turn L (8), Complete the above ½ turn circle with R hand on hip and L hand out to side at shoulder height with palm facing upwards. 12:00

S2: V-STEP WITH ARMS, MARCH ON SPOT AND ZIG ZAG HANDS

- 1-2 Step RF out to R diagonal while raising R hand (1), Step LF out to L diagonal while raising L hand (2) 12:00
- 3-4 Step RF in while bringing R hand in and down to waist height with palm facing outward (3), Step LF beside RF while bringing L hand in and down to waist height with palm facing outward (4) 12:00
- 5-6-7-8 March on the spot R,L,R,L while zig-zagging hands, palms facing outwards to the R,L,R,L. The hands will move higher with each zig-zag push. (5-6-7-8) 12:00

Counts 49-64: Repeat the above sections that make up counts 33-48

Optional ending: During wall 9, dance up to count 30& and then add the following steps for a front wall finish.

Ending: WALK, CLOSE, ARMS INTO PRAYER POSE, CHAIR POSE

- 1-2 Step fwd on RF, (1) Step LF beside RF (2) 12:00
- 3-4 Raise arms out to side(3) and begin bringing them together at chest height (4) 12:00
- 5-6 Bring hands back into the chest height prayer pose (5), Bend knees into a resting chair pose for a "namaste" finish (6) 12:00
-