

Hallucination

拍数: 96 墙数: 2 级数: Phrased Advanced
编舞者: Claire Thomas (UK) - August 2022
音乐: Hallucination - Regard & Years & Years



- WDM 2022 CHOREOGRAPHY COMPETITION ENTRY.

Sequence: A – B – A – A48 – B – A – B - Ending

(Ending: To finish dance, instead of locking behind and unwinding ½ turn, cross R over L and unwind ½ turn and hold!)

SECTION A – 64 COUNTS

[1-8]: Heel grind, coaster step, step ½ turn, half turn with paddles.

- 1-2 Grind R heel with a twist motion into the floor.
- 3-4 Step back with the R foot, bring L foot in and step forward with the R.
- 5-6 Step forward with the L foot and pivot ½ turn over R shoulder.
- 7-8 Keeping weight on the R foot, pivot ½ turn over R shoulder, pointing L foot out each 1/4 of the turn (twice).

[9-16] (and) Walk forward, R shuffle, L rock recover with 1 and ¾ turn.

- &9-10 Quickly transfer weight onto L foot, walk forward R, L.
- 11-12 Walk forward R, bring in L foot, and step forward again with the R.
- 13-14 Rock forward on the L and recover your weight onto the R.
- 15-16 Over the L shoulder, make a ½ turn stepping with the L, make another ½ turn stepping back with R, make a third ½ turn stepping with the L and finish off by making a ¼ turn (to face 3 o'clock)

[17-24] Step touches, cross hold & cross shuffle.

- 17-18 Step R out to the side and touch with the L.
- 19-20 Step L out to the side and touch with the R.
- 21-22 Step to the side with the R and cross L over R, hold (1 count)
- 23-24 Step R, cross L over R, step R, cross L over R.

[25-32] Side rock, back rock, heel switches, lock behind, unwind ½ turn.

- 25-26 Rock out to the R and recover weight back on to the L.
- 27-28 Making a ¼ turn over R shoulder, rock back on R and recover weight back onto the L.
- 29-30 Point out R heel in front, bring back in, point out L heel in front, bring back in.
- 31-32 Lock R behind L and unwind making a ½ turn over R shoulder.

[33-40] Walk forward (body facing diagonally), lock behind, unwind ½ turn, walk forward (body facing diagonally), lock behind, unwind ¾ turn.

- 33-34 Walk forward R, L, (whilst angling the body towards 2 o'clock)
- 35-36 Lock R behind L and unwind ½ turn over R shoulder.
- 37-38 Walk forward L, R, (whilst angling body towards 10 o'clock)
- 39-40 Lock L behind R and unwind ¾ turn over L shoulder.

[41-48] L coaster step, switching heel jacks, cross over, unwind ½ turn.

- 41-42 Step back L, bring R foot to touch, step forward with L.
- 43-44 Cross R over L, step L to the side and point R heel.
- &45-46 Cross L over R, step R to the side and point L heel.
- 47-48 Step L and cross R over, unwind over the L shoulder making a ½ turn.

[49-56] Kick ball steps with knee dips.

- 49-50 Kick R foot forward then step forward on the L
- 51-52 Step R foot forward and dip both knees (with body roll if preferred)
- 53-54 Kick L foot forward then step forward on the R
- 55-56 Step L foot forward and dip both knees (with body roll if preferred)

[57-64] Mambo ½ turn, step ½ turn, full turn with shuffle.

- 57-58 Rock quickly with the R, turning ½ over R shoulder stepping forward with the R.
- 59-60 Step forward with the L and pivot ½ turn over R shoulder.
- 61-62 Step forward on the L, make a ½ turn over L shoulder stepping back with the R.
- 63-64 Make another ½ turn over L shoulder, stepping L, bring R in to touch and step forward with the L.

SECTION B – 32 COUNTS

[1-8] Step points, twinkle step L and cross.

- 1-2 Step forward R, point L out to the side.
- 3-4 Step back on the L, point R out to the side.
- 5-6 Cross R over L, side rock L
- 7-8 Recover weight on to the R and cross L over R

[9-16] Twinkle step R, step & pivot ½ turn and walk forward with a full turn.

- 9-10 Side rock R, recover weight onto the L foot.
- 11-12 Step forward on the R, step forward on L.
- 13-14 Pivot ½ turn over R shoulder and step forward on the L.
- 15-16 Make a ½ turn over L shoulder stepping back on the R, and then make another ½ turn stepping forward on the L.

[17-24] Sweep cross step, point into a rolling turn with a side shuffle.

- 17-18 Sweep R foot right round to cross the L foot
- 19-20 Step L out to the side and point R toes inwards towards the L foot, ready to roll into a full turn.
- 21-22 Step ¼ turn over R shoulder with R foot, make a ½ turn stepping back on the L.
- 23-24 Make a ¼ turn into a side shuffle, stepping R, bring L in, step R.

[25-32] Cross, step back and drag, rock and walk forward.

- 25-26 Cross L over R, step back on the R.
- 27-28 Step back on the L and drag R foot back to touch.
- 29-30 Rock back on the R and recover. (optional knee pop if you would like to add it in here)
- 31-32 Walk forward R, L.

Back to Section A and following the rest of the sequence!

Hope you enjoy and have fun with this dance!

Thanks for checking it out!
