

# Thelma

拍数: 68      墙数: 2      级数: Intermediate  
编舞者: Darren Bailey (UK) - November 2022  
音乐: Trouble with a Capital 'T' - Tommy Townsend



## Intro: 32 Counts

### Kick R, Kick L, Kick R x2, Rock to R, Recover

- 1-2      Kick RF forward slightly across L, Step RF to R side
- 3-4      Kick LF forward slightly across R, Step LF to L side
- 5-6      Kick RF forward, Kick RF forward (both kicks slightly across L)
- 7-8      Rock RF to R side, Recover onto LF

### Behind, Rock L, Recover, Behind, Side, Cross, Hold, Ball Cross

- 1-2      Cross RF behind LF, Rock LF to L side
- 3-4      Recover onto RF, Cross LF behind RF
- 5-6      Step RF to R side, Cross LF over RF
- 7&8      Hold, Step RF to R side, Cross LF over RF

### Monterey 1/4 turn R, Monterey 1/4 turn R

- 1-2      Touch RF to R side, Make a 1/4 turn R and close RF next to LF
- 3-4      Touch LF to L side, Close LF next to RF
- 5-6      Touch RF to R side, Make a 1/4 turn R and close RF next to LF
- 7-8      Touch LF to L side, Close LF next to RF

### Rocking chair with R heel grind, Step 1/2 turn L, Walk R, L

- 1-2      Rock forward on R heel (R toe pointed in), Recover onto LF (R toe pointed out)
- 3-4      Rock back on RF, Recover onto LF
- 5-6      Step forward on RF, Make a 1/2 turn pivot L
- 7-8      Step forward on RF, Step forward on LF

### Stomp, Twist R, Twist Centre, Close, Stomp, Twist L, Twist Centre, Close

- 1-2      Stomp forward on RF, Twist both heels to R
- 3-4      Return both heel back to centre, Close RF next to LF
- 5-6      Stomp forward on LF, Twist both heels to L
- 7-8      Return both heels to centre, Close LF next to RF

### Diagonal steps back with claps x4

- 1-2      Step diagonally back on RF, Touch LF next to RF and clap hands
- 3-4      Step diagonally back on LF, Touch RF next to LF and clap hands
- 5-6      Step diagonally back on RF, Touch LF next to RF and clap hands
- 7-8      Step diagonally back on LF, Touch RF next to LF and clap hands

### Rock, Recover, Cross, Hold, Rock, Recover, Cross, Hold

- 1-2      Rock RF to R side, Recover onto LF
- 3-4      Cross RF over LF, Hold
- 5-6      Rock LF to L side, Recover onto RF
- 7-8      Cross LF over RF, Hold

### Diagonal step touches with 1/4 turn L, 1/4 turn L Walk L, R

- 1-2      Step RF diagonally forward to R, Touch LF next to RF
- 3-4      Make a 1/4 turn L and step diagonally forward on LF, Touch RF next to LF

5-6 Step RF diagonally forward to R, Touch LF next to RF  
7-8 Makes a 1/4 turn L and step forward on LF, Step forward on RF

**Stomp L, Hold x3**

1-2 Stomp forward on LF, Hold  
3-4 Hold, Hold. (option to bounce shoulders on the holds)

**Tag (after wall 2 (you will be facing 12:00 to dance the tag))**

**Rocking chair x2**

1-2 Rock forward on RF, Recover onto LF  
3-4 Rock back on RF, Recover onto LF  
5-6 Rock forward on RF, Recover onto LF  
7-8 Rock back on RF, Recover onto LF

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