

Distant

拍数: 64 墙数: 4 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - December 2022
音乐: Distant - Hanne Mjøen : (Spotify/Apple Music/Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(Dance starts on lyrics)

[S1] Fwd, Hold, &-Fwd Rock, Touch-Unwind 3/4R, Fwd Together

1 2& Step forward on R, Hold, Step L next to R
3 4 Rock forward on R, Replace weight on L
5 6 Touch R behind L, Unwind 3/4R weight ends on L (9:00)
7 8 Step forward on R, Step L next to R

[S2] Back, Hold, &-Back-Back, Cross-Unwind 1/2L, Back Rock

1 2& Step back on R, Hold, Step L next to R
3 4 Step back on R, Step back on L
5 6 Touch/cross R over L, Unwind 1/2L weight ends on R (3:00)
7 8 Rock back on L, Replace weight on R

[S3] L-R Side Rock, Side Rock

1 2 3 Rock L to the side, Replace weight on R, Cross L over R
4 5 6 Rock R to the side, Replace weight on L, Cross R over L
7 8 Rock L to the side, Replace weight on R

[S4] Cross, Hold, &-Cross, Hold, &-Cross Shuffle, Side Rock

1 2& Cross L over R, Hold, Step R close to L
3 4& Cross L over R, Hold, Step R close to L
5&6 Cross L over R, Hold, Step R close to L, Cross L over R
7 8 Rock R to the side, Replace weight on L

[S5] Cross, Slide, 1/4R-1/2R, Fwd-1/2R (Sit Back), Fwd-1/2R-

1 2 Cross R over L, Dragging L close to R
3 4 Make a ¼ turn right stepping back on L, Make a ½ turn right stepping forward on R (12:00)
5 6 Step forward on L, Make a ½ turn right weight on L slightly sitting back (6:00)
7 8 Step forward on R, Make a ½ turn right stepping back on L (12:00)-

[S6] -Back Rock, Side, Behind-Side, Cross-Reverse Side Roll-

1 2 - Rock back on R, Replace weight on L
3 4& Step R to the side, Step L behind R, Step R to the side
5 6 Cross L over R, Make a ¼ turn left stepping back on R (9:00)
7 8 Make a ½ turn left stepping forward on L (3:00), Make a ¼ turn left stepping (rock) R to the side (12:00) -prep for hinge turn 1/2R-

[S7] Hinge 1/2R w/ Lift, Fwd-Fwd, Fwd-1/2R w/Lift, Run-Run-Run

1 2 Push back/ replace weight on L making a ½ turn right on ball of L foot (6:00), Lift R forward
3 4 Step forward on R, Step forward on L
5 6 Step forward on R making a ½ turn left on ball of R foot (12:00), Lift L forward
7&8 Run forward on L-R-L

[S8] Step-Pivot 1/4L, Cross-Side-Behind-1/4L, Step-Pivot 1/4L

1 2 Step forward on R, Make a ¼ turn left recover weight on L (9:00)

3 4 Cross L over R, Step L to the side
5 6 Step R behind L, Make a $\frac{1}{4}$ turn left stepping forward on L (6:00)
7 8 Step forward on R, Make a $\frac{1}{4}$ turn left recover weight on L

No tags or restarts

Ending suggestion: The last wall starts facing 3:00. Dance up to Section 4 count 6 (6:00), then Rock R to the side (7), Recover weight on L making a $\frac{1}{4}$ turn left (8), Make a further $\frac{1}{4}$ turn left stepping R to the side (1).

(updated: 21/Dec/22)
