

Alors on Danse

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Hanna Pitkanen (FIN) - 4 February 2023
音乐: Alors on danse - Stromae



Start the dance after 16 count intro

[1-8]: Grape vine R, point back, point forward, point back, L heel bounce x2

1,2 Step R to right side (1), step L behind R(2) *open body slightly to diagonal left (facing 10:30)
3,4 Step R to right side (3), point L back (4)
5,6 Point L forward (5), point L back (6)
7&8 Touch R toes forward as you bounce L heel down (7), lift L heel (&), bounce L heel down (8)
(weight stays on R on counts 3-8)

[9-16]: Grape vine L, point back, point forward, point back, R heel bounce x2

1,2 Step L to left side (1), step R behind L (2) *open body slightly to diagonal right (facing 1:30)
3,4 Step L to left side (3), point R back (4)
5,6 Point R forward (5), point R back (6)
7&8 Touch R toes forward as you bounce R heel down (7), lift R heel (&), bounce R heel down (8)
***weight stays on L on counts 3-8**

[17-24] Side touches x 2, walk R L, rock R forward

1,2 Step R to side (1), touch L next to R (2)
3,4 Step L to side (3), touch R next to L (4)
5,6 Step R forward (5), step L forward(6)
7,8 Rock R forward (7), recover weight to L (8)

[24-32] Jump back out out, clap, jump back out out, clap, R back rock, R heel bounce x2

&1 Step back on R (&), step L to side (1)
2 Clap (2)
&3 Step back on R (&), step L to side (3)
4 Clap (4)
5,6 Rock back R (5), recover weight to L (6)
7&8 Touch R toes forward as you bounce R heel down (7), lift R heel (&), bounce R heel down (8)
***weight stays on L on counts 6-8**
& ¼ turn left to start the next wall

Start again

Have fun dancing!

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