

Ghosted

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Niels Poulsen (DK) - June 2023
音乐: Ghosted - Taylor Moss



Intro: 8 count intro, app. 5 secs. into track. Start with weight on L foot
**2 easy restarts: After 48 counts on walls 2 and 4, facing 12:00

Note:: A HUGE THANK YOU to Eleonor Halsius for suggesting this track to me

[1 – 8] Walk RL fwd, R mambo step fwd, walk LR back, L sailor ¼ L fwd

1 – 2 Walk R fwd (1), walk L fwd (2) 12:00
3&4 Rock R fwd (3), recover back L (&), step back on R (4) 12:00
5 – 6 Walk L back sweeping R to R side (5), walk R back sweeping L side (6) 12:00
7&8 Cross L behind R (7), turn ¼ L stepping R next to L (&), step L slightly fwd (8) 9:00

[9 – 16] R&L Dorothy steps, R cross rock, R chasse ¼ R fwd

1 – 2& Step R into R diagonal (1), lock L behind R (2), step R into R diagonal (&) 9:00
3 – 4& Step L into L diagonal (3), lock R behind L (4), step L into L diagonal (&) 9:00
5 – 6 Cross rock R over L (5), recover on L (6) 9:00
7&8 Step R to R side (7), step L next to R (&), turn ¼ R stepping R fwd (8) 12:00

[17 – 24] Step ¼ R, cross side, L sailor heel, ball cross side

1 – 4 Step L fwd (1), turn ¼ R onto R (2), cross L over R (3), step R to R side (4) 3:00
5&6 Cross L behind R (5), step R to R side (&), touch L heel to L diagonal (6) 3:00
&7 – 8 Step L towards R (&), cross R over L (7), step L to L side (8) 3:00

[25 – 32] R sailor ¼ heel, ball walk LR fwd, rock L fwd, L coaster cross

1&2 Cross R behind L (1), turn ¼ R stepping L next to R (&), touch R heel fwd (2) 6:00
&3 – 4 Step R next to L (&), walk L fwd (3), walk R fwd (4) 6:00
5 – 6 Rock L fwd (5), recover back on R (6) ... Option: STOMP rock L fwd on walls 2 and 4 6:00
7&8 Step L back (7), step R next to L (&), cross L over R (8) ...

Option: stomp on counts 7& on walls 2 and 4 as the beats in the music are particularly strong on those two walls 6:00

[33 – 40] Side R, L back rock, L kick ball step, side L, R back rock, R kick ball step

1 – 2& Step R to R side (1), rock back on L (2), recover on R (&) 6:00
3&4 Kick L fwd (3), step L next to R (&), step R fwd and slightly across L (4) 6:00
5 – 6& Step L to L side (5), rock back on R (6), recover on L (&) 6:00
7&8 Kick R fwd (7), step R next to L (&), step L fwd (8) 6:00

[41 – 48] Rock R fwd, shuffle ½ R, rock L fwd, shuffle ½ L

1 – 2 Rock R fwd (1), recover back on L (2) 6:00
3&4 Turn ¼ R stepping R to R side (3), step L next to R (&), turn ¼ R stepping R fwd (4) 12:00
5 – 6 Rock L fwd (5), recover back on R (6) ... 12:00
7&8 Turn ¼ L stepping L to L side (7), step R next to L (&), turn ¼ L stepping L fwd (8) ...

Restarts here on walls 2 and 4, facing 12:00 both times 6:00

[49 – 56] Diamond with 7/8 turn R

1&2 Cross R over L (1), step L to L side (&), turn 1/8 R stepping R backwards (2) 7:30
3&4 Step L back (3), turn 1/8 R stepping R to R side (&), turn 1/8 R stepping L into R diagonal (4) 10:30
5&6 Step R fwd (5), turn 1/8 R stepping L to L side (&), turn 1/8 R stepping R backwards (6) 1:30

7&8 Step L back (7), turn 1/8 R stepping R to R side (&), turn 1/8 R stepping L into R diagonal (8)
4:30

[57 – 64] Rock R fwd, 1/8 R side, L cross rock, side L, R rock fwd, R big step back, together, pop

1 – 2& Rock R fwd towards 4:30 (1), recover on L (2), turn 1/8 R stepping R to R side (&) 6:00

3 – 4& Cross rock L over R (3), recover on R (4), step L a small step to L side (&) 6:00

5 – 6 Rock R fwd (5), recover back on L (6) 6:00

7 – 8 Step R a big step back sliding L towards R (7), step L next to R popping R knee fwd (8) 6:00

Start Again!

Ending On wall 6 (starts at 6:00): On count 31 recover back on L with a big step stepping R next to L 12:00

Step change Only on wall 5. Replace counts 33-40 with this step change: Flick R back (&), stomp R to R side (1), HOLD (2-3-4), flick L back (&), stomp L to L side (5), HOLD (6-7-8), flick R back (&), stomp rock R fwd (1) ... Continue dance from count 42. - 6:00
