

The Rattlin Bog

拍数: 48 墙数: 4 级数: Phrased Intermediate
编舞者: Ole Jacobson (DE) & Nina K. (DE) - October 2023
音乐: The Rattlin Bog (Remix) (Radio) - Donegal Disko



Sequence: AA,BB,TAG,AAA,BB,TAG,TAG,TAG, AAA,BB,AA

Note: The dance begins after 32 Beats

A (32 counts)

[1-8] heel & touch, back & heel & heel & rock across, recover, side, recover

1&2 Tap R heel diagonally in front - Place RF next to LF - Tap L toe behind R toe
&3 Place LF in place - Tap R heel forward
&4 Place RF next to LF - Tap L heel forward
&5,6 Place LF next to RF - Cross RF over LF, lift LF slightly - Weight back to LF
7,8 RF step to the right, lift LF slightly - Weight back to LF

[9-16] sailor step, sailor turning 1/4 l, step, hitch, coaster-step

1&2 Cross RF behind LF - LF step to the left - RF step to the right
3&4 Cross LF behind RF - 1/4 L turn - RF step to the right - LF step forward
5,6 RF step forward - Lift L-knees
7&8 LF step back - Place RF next to LF - LF step forward

[17-24] side, recover, behind, side, cross, recover, chasee

1,2 RF step to the right, lift LF slightly - Weight back to LF
3,4 Cross RF behind LF - LF step to the left
5,6 Cross RF over LF, lift LF slightly - Weight back to LF
7&8 RF step to the right - Place LF next to RF - RF step to the right

[25-32] cross, side, back, recover, hinge 1/2 turn r, schuffle across

1,2 Cross LF over RF - Step RF to right
3,4 Cross LF behind RF, lift RF slightly - weight back to RF
5,6 1/4 turn R to RF, LF step back - 1/4 turn R to LF, RF step to the right
7&8 Cross LF over RF - Place RF next to LF - Cross LF over RF (Weight on LF)

B (16 counts)

[01-08] point, hold (r+l), together, toe-switches (r+l) toe cross

1,2 Tap RF to the right - Hold
& RF place next to LF
3,4 Tap LF to the left - Hold
& LF place next to RF
5&6 Tap RF in front - Place RF next to LF - Tap LF in front
& Place LF next to RF
7,8 Tap RF forward - Cross RF in front of LF (only touch the toe of your foot)

[09-16] shuffle fwd, step 1/4 turn r, cross, hold, sideshow across

1&2 RF step forward - Put LF next to RF - RF step forward
3,4 LF step forward - 1/4 turn R
5,6 Put LF in front of RF - Hold
&7 RF small step to the right - Put LF in front of RF
&8 RF small step to the right - Put LF in front of RF (Weight on LF)

TAG:

kick,ball, cross

1&2 Kick RF forward - Put RF next to LF - Cross LF over RF (Weight on LF)

Finish: After the last A, stomp RF forward

Last Update - 11 Oct. 2023 - R1
