

Secret

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Hayley Wheatley (UK) - December 2023
音乐: Secret - Louane



Choreographer's Note: This dance was choreographed to the original French version of the song but can also be danced to "Louane-Secret-English version", with thanks to my friend Stéphanie Bijon for suggesting this beautiful piece of music.

Intro : 16 counts

[1-8] ROCK R, RECOVER L, CLOSE, STEP L W/ SWEEP 1/8 TURN L, CROSS R, STEP L BACK 1/8 R, STEP R FWD 3/8 TURN, STEP L FWD, 5/8 TURN L STEP R BACK w/ SWEEP L, L COASTER ROCK

1,2&3 Rock RF forward (1), Recover on L (2), Step RF next to LF (&), Step LF forward w/ sweep R from back to front making 1/8 turn to L (3) 10:30

4&5 Cross RF over LF (4), Step back LF w/ 1/8 turn to R (&), Step RF forward w/ 3/8 turn to R (5) 04:30

6,7 Step LF forward, bending L knee slightly (6) Step RF back and sweep LF from front to back making 5/8 turn L (7) 09:00

8&1 Step LF back (8), Step RF next to LF (&), Rock LF forward (1)

[9-16] RECOVER R, CLOSE, WALK R, WALK L, ½ TURN L STEPPING BACK R, COLLECT L, CROSS R MAKING ¼ TURN R, ¼ TURN R STEPPING BACK L, ½ TURN STEPPING FWD R, DIP TURN

2&3 Recover on RF (2), Step LF next to RF (&), Step RF forward (3)

4&5 Step LF forward (4), ½ turn to L stepping RF back (&), Step LF next to RF (5) 03:00

6,7 Make ¼ turn to R crossing RF over L (6), ¼ turn to R stepping LF back (7) 12:00

8&1 ½ turn R stepping RF forward (8), Step forward onto LF bending knees into ½ turn R; bringing weight back onto LF (&), Straighten knees and stretch RF forward whilst stepping onto RF (1) 09:00

Optional arms: (on Counts 8&1) Bring hands in beside body (8) gradually stretch arms out straight at shoulder height with palms facing outwards (&1)

[17-24] STEP L, SWAY R, SWAY L, BASIC R, STEP BACK L MAKING ¼ TURN R, CLOSE R, STEP L FWD 1/8 R

2 Step LF forward (2)

3,4 Sway to R side (3), Sway to L side (4)

5,6,7 Large step RF to R side (5), Close LF beside RF (6), Cross RF over LF (7)

8&1 ¼ turn to R, Step LF back (8), Step RF next to LF (&), Step LF forward (1) 01:30

[25-32] ATTITUDE ROCK FORWARD, RECOVER L W/ SWEEP, 1/8 TURN L, BEHIND SIDE CROSS, UNWIND ½ L, ½ R SWEEPING L, STEP BEHIND ½ TURN, STEP SIDE

2,3 Rock RF forward, bending L knee and lifting LF behind R (Making a triangle shape with leg) (2), Recover on L w/ sweep R from front to back (3)

4&5 1/8 turn to L, Step RF behind LF (4), Step LF to L side (&), Cross RF over LF (5) 12:00

6,7 Unwind ½ turn to L (6), ½ turn to R w/ sweep LF from front to back (7)

8& Step RF behind LF making ½ turn to R (8), Step LF to L side (&) 06:00

Take more chance, dance more dances !!