

On Ramène Le Soleil

COPPER KNOB
BYEPOSTETS

拍数: 32 墙数: 1 级数: Newcomer +
编舞者: Jim PAVADÉ (FR) - January 2024
音乐: On ramène le soleil (Boubakar x Céphaz) - Boubakar & Céphaz



(No Tag, No Restart)

The dance begins after 32 intro counts (20sec), with the weight of the body on the left foot.

Section 1 [1 – 8]: Diagonal Forward Hold with Body Roll, Cross Step Fwd X2 (R-L)

1 2 R forward on the right diagonal (1) with Body Roll, Hold (2) (01:30)
&3 &4 Cross L behind R (&), R forward (3), Cross L behind R (&), R forward (4)
5 6 L forward on the left diagonal (5) with Body Roll, Hold (6) (10:30)
&7&8 Cross R behind L (&), L forward (7), Cross R behind L (&), L forward (8)

Section 2 [9 – 16]: Side Rock Recover / Together X2 – Paddle turn L with Hips Roll

1& 1/8 Turn L & R side Rock (1) (09:00), Recover on L (&),
2 1/4 Turn R-Close R to L (2) (12:00)
3 & 1/4 Turn R & L side Rock (3) (03:00), Recover on R (&),
4 1/4 Turn L-Close L to R (4) (12:00)
5 6 1/4 Turn L-R to side (5) (09:00), Recover on L with Hips Roll (6)
7 8 1/4 Turn L-R to side (7) (06:00), Recover on L with Hips Roll (8) and Flick R

Section 3 [17 -24]: African walk X3-Flick, Pivot 1/2 Turn R, Camel Walk X2

1 2 3 4 R forward (1), L forward (2), R forward (3), Flick L (4)
5 & 6 L forward (5), 1/2 Turn to right-body weight on R (&), L forward (6) (12:00),
&7 &8 R forward (&), Touch L beside R (7), L forward (&), Touch R beside L (8)

Section 4 [25 -32]: Out-Out-Hips Roll (clockwise), In-In-Hips Roll (counterclockwise)

&1 2 R forward on the right diagonal (&), L forward on the left diagonal (1), Hold (2)
3&4 Hips Roll hips (clockwise) (3&4)
&5 6 R back (&), L back close to R (5), Hold (6)
7&8 Hips Roll hips (counterclockwise) (7&8)

Final: At the end of the 8th wall, at the 31st and 32nd counts (during the Hips Rolls) raise your arms upwards

Enjoy !