

Chasing Rainbows

拍数: 32 墙数: 4 级数: Improver
编舞者: Magali CHABRET (FR) - March 2024
音乐: Chasing Rainbows - The High Kings : (CD : The road not taken)



#16 counts intro

S1 : R TRIPLE FWD, BRUSH, BRUSH, L TRIPLE FWD, PIVOT ¼ L

1&2 Step Rf forward – step Lf beside Rf – step Rf forward
3-4 Brush L toes forward – brush L toes cross over Rf
5&6 Step Lf forward – step Rf beside Lf – step Lf forward
7-8 Step Rf forward – pivot 1/4 turn L, taking weight on Lf (9:00)

S2 : CROSS TRIPLE, STOMP, HOLD, BEHIND SIDE CROSS, SIDE ROCK, TOGETHER

1&2 Cross Rf over Lf – step Lf to L side – cross Rf over Lf
3-4 Stomp Lf to L side – hold
5&6 Step Rf behind Lf – step Lf to L side – cross Rf over Lf
7-8& Rock Lf to L side – recover onto Rf – close Lf next to Rf **

** Restart here, wall 3 and wall 6. See below

S3 : FWD ROCK, COASTER STEP, PIVOT ½ R, TRIPLE FWD

1-2 Rock Rf forward – recover onto Lf
3&4 Step back on ball of Rf – close Lf next to Rf – step Rf forward
5-6 Step Lf forward – pivot 1/2 turn R, taking weight on Rf (3:00)
7&8 Step Lf forward – step Rf beside Lf – step Lf forward

S4 : FULL TURN L (Or Walk R/L), HEEL TOUCH, HOLD, SWITCH, L HEEL GRIND, COASTER STEP

1-2 Turn 1/2 L stepping Rf back – turn 1/2 L stepping Lf forward (3:00)
3-4& Touch R heel forward – hold – close Rf next to Lf
5-6 Grind L heel forward, L toes “IN” – recover onto Rf
7&8 Step back on ball of Lf – close Rf next to Lf – step Lf forward

Tag after wall 1 (3:00) and wall 4 (12:00) :

R HEEL GRIND, COASTER STEP, FWD ROCK, TRIPLE ½ L

1-2 Grind R heel forward, R toes “IN” – recover onto Lf
3&4 Step back on ball of Rf – close Lf next to Rf – step Rf forward
5-6 Rock Lf forward – recover onto Rf
7&8 Turn 1/4 L stepping Lf to L side – close Rf next to Lf – turn 1/4 L stepping Lf forward

Restarts :

Wall 3 starts facing 12:00, dance 16 counts then restart facing 9:00.

Wall 6 starts facing 9:00, dance 16 counts then restart facing 6:00.

« Croquez la vie à pleines danses ! » Magali Chabret - galicountry76@yahoo.fr

Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.