

El Hat

拍数: 64 墙数: 2 级数: Intermediate Catalan
编舞者: Laura Turcaud (FR) & Edu Roldós (ES) - April 2024
音乐: If You Ain't Wearin' boots - Chapel Hart



***3 Restarts (wall 2, 6 et 9) - Bridge - Final
SEQ: 64-32-64-64-64-32-64-64-55-bridge-64-64-final
Intro : 8c

(1-8) Kick R Fwd, Step R Back, Kick L Fwd, Step L Back, Kick R Fwd, Hook R on the L, Kick R Fwd, Flick R
1-2 « Kick » RF forward, RF back
3-4 « Kick » LF forward, LF back
5-6 « Kick » RF forward, « Hook » lift RF in front of L leg (at the height of the shin)
7-8 « Kick » RF forward, « Flick » lift RF back

(9-16) Grapevine R to R, Step L Fwd, Swivels (Twist) with ½ Turn to R, Hook R
1-2 RF to R, LF behind RF
3-4 RF to R, LF forward
5-6 Turn your heels to L, refocus your heels
7-8 Turn your heels to L with ½ turn R, « Hook » lift RF in front L leg (at the height of the shin) 6H

(17-24) Kick R Fwd, Rock R Back with Jumping Kick L, Recover L with Flick R, Scuff R, Step R Fwd, Lock L, Step R Fwd, Stomp L
1-2 « Kick » RF forward, RF back with « Kick » LF forward
3-4 Recover on LF with « Flick » lift RF back, « Scuff » rub R heel next to LF
5-6 RF forward, cross LF behind RF
7-8 RF forward, « Stomp » LF next to RF

(25-32) Scoots R X2 with ½ Turn R, Together R, Stomp Down L, Travelling L Swivels to L, Stomp R
1-2 Lift R knee and jump ¼ turn R on LF – X2 9-12H
3-4 RF next to LF, « Stomp » LF next to RF without body weight
5-6 Open toe – heel of the LF to L
7-8 Open toe of the LF to L, « Stomp » RF next to LF

RESTARTS : 2nd wall et 6th wall

(33-40) Swivet R, Swivet L with ¼ Turn L, Step R Fwd, Stomp-up L Together, Step L Fwd with ¼ Turn L, Stomp-up R Together
1-2 Turn and lift L heel to L and R toe to R, refocus the heels
3-4 Turn and lift L toe to L and R heel to R with ¼ turn L, step L toe and R heel (flat foot) 9H
5-6 RF forward, « Stomp-up » LF next to RF
7-8 ¼ turn L and LF forward, « Stomp-up » RF next to LF 6H

(41-48) Step R Fwd with ¼ Turn L, Stomp-up L Together, Step L Fwd with ¼ Turn L, Scuff R Together, Step R Fwd, Lock L, Step R Fwd, Scuff L
1-2 ¼ turn L and RF forward, « Stomp-up » LF next to RF 3H
3-4 ¼ turn L and LF forward, « Scuff » rub R heel next to LF 12H
5-6 RF forward, cross LF behind RF
7-8 RF forward, « Scuff » rub L heel next to RF

(49-56) Step L Fwd, Point R Back, Step R Back, Hook L on the R with ½ Turn to L, Step L Fwd, Lock R, Step L Fwd, Stomp up R Together
1-2 LF forward, R point behind LF
3-4 RF back, « Hook » lift LF in front of R with ½ turn to L 6H

5-6 LF forward, cross RF behind LF
7-8 LF forward, « Stomp-up » RF next to LF

BRIDGE : After 55c (9th wall)

RF to R, gently slide LF towards RF + « break » until the music returns, and restart

(57-64) Rock R Back with Jumping Kick L, Recover L, Stomp R, Stomp L, Long Step R Fwd, Stomp L, Hold

1-2 RF back with « Kick » LF forward, recover on LF
3-4 « Stomp » RF next to LF, « Stomp » LF next to RF
5-6 Long step RF forward (smoothly on both accounts)
7-8 « Stomp » LF next to RF, hold

FINAL : Kick R Fwd, Cross R on the L, ½ Turn L, Full Turn R, Kick R Fwd, ¼ Turn L with Cross R on the L, ¾ Turn L

1-2 Coup de pied D devant, croiser PD devant PG
3-4 ½ tour à G (PDC sur PG), ½ tour à G et PD derrière 12-6H
5-6 ½ tour à G et PG devant, coup de pied D devant 12H
7-8 ¼ de tour à G et croiser PD devant PG, ¾ de tour à G 9-12H

L = left – R = right

LF = left foot – RF = right foot
