

Rave and Poetry

拍数: 144 墙数: 4
编舞者: Sven Köhlen (DE) - May 2024
音乐: Nessaja - Scooter

级数: Phrased Advanced



Sequence: A,B,C,D,Tag1,D,D,Tag2,A,B,C,D,D,D,D,B

Part A : 4x8 Counts

Section 1: Shuffle diagonally forward, 3-Step Box

1-2 Step R. diagonally to R, lock L behind R
3-4 Step R. diagonally to R
5-6 Cross L in front of R, Step R back
7-8 Step L to Side

Section 2: Cross Shuffle, Side rock, behind

1-2 Cross R in front of R, step L to side
3-4 Cross R in front of R
5-6 Rock L to side, Recover on R
7-8 Step L behind R

Section 3: Shuffle diagonally forward, spot turn (1/2 turn r), step forward

1-2 Step R. diagonally to R, lock L behind R
3-4 Step R. diagonally to R
5-6 Step L forward, turn ½ to the right, Recover on R
7-8 Step L forward

Section 4: Shuffle diagonally forward, cross rock, side

1-2 Step R. diagonally to R, lock L behind R
3-4 Step R. diagonally to R
5-6 rock L across R, Recover on R
7-8 step L to side

Part B : 6x8 Counts

Section 1: Shuffle forward, Mambo step

1-2 Step r forward, lock L behind R
3-4 Step r forward
5-6 Rock L forward, Recover on R
7-8 Step L back

Section 2: Shuffle backward, Rock step, walk

1-2 Step R back, lock L in front of R
3-4 Step R back
5-6 Rock L back, Recover on R
7-8 Step L forward

Section 3: Spot turn, (1/2 turn L); forward walk turning (1/2 L) with sweep; Coaster Step

1-2 Rock R forward turning ½ L, put weight back on L
3-4 Walk R forward, turn ½ L, sweep L from front to back
5-6 Step L back, close R to L
7-8 Step L forward

Section 4: Forward Step with Sweep; Side, back, cross

1-2 Step R forward, sweep L from back to front

- 3-4 Cross L over R
- 5-6 Step R to side, step L back
- 7-8 Cross R in front of L

Section 5: Side Rock, behind, side rock, cross, Hold

- 1-2 Step L to side, recover on R
- 3-4 Cross L behind R
- 5-6 Step R to side, Recover on L
- 7-8 Cross R in front of L, Hold

Section 6: Unwind ½ to L

- 1-8 Unwind ½ to left, put right Hand in the air on Vocals

Part C : 4x8 Counts

Section 1: Out, out, Hold (bounce with knees in place)

- &1 Step R to right, step L to Left,
- 2-8 Stand with your feet shoulder wide apart, hold, while doing a slight knee bounce

Section 2: In, In, Hold (bounce with knees in place)

- &1 Close both feet, starting with R then L,
- 2-8 hold while do a slight knee bounce

Section 3: Out out, hold, in, in, hold, out, out, hold

- &1 Step R to right, step L to left
- 2-4 Hold, while do a slight knee bounce
- &5 close both feet starting with R then L,
- 6 Hold while doing a slight knee bounce
- &7 Step R to right, step L to left
- 8 Stand with your feet shoulder wide apart, hold ,while doing a slight knee bounce

Section 4: In, in, hold, out out, hold, in, in, out, out, in in, tap

- &1 close both feet starting with R then L
- 2 Hold, while doing a slight knee bounce
- &3 Step R to right, step L to left
- 4 Stand with your feet shoulder wide apart, hold, while doing a slight knee bounce
- &5 close both feet starting with R then L
- &6 Step R to right, step L to left
- &7 close both feet starting with R then L
- 8 tap with toe of R foot behind.

Part D: 4x8 Counts

Section 1: Jump style old school basic 1-5; 180° turn (Tornado) ½ to the right between 6-8

- 1-2 Kick 2x forward with the heel of R foot above the ground, while Jumping in place on L
- 3 Jump onto R foot, while kicking forward with heel of L foot above the ground
- 4 Jump in Place on R foot, kick backwards with L foot, above the ground
- 5 Jump onto L foot, while tapping with toe of R foot behind
- 6 Kick forward with Heel of R foot, above the ground, while jumping in place on L
- 7 Kick sideways with L foot above the ground, while jumping onto R foot, begin to turn right
- 8 Jump on to L foot, while tapping with toe of R foot behind, finish turning (1/2 to right)

Section 2: Repeat Section 1

Section 3: Tornado underturned (3/8 to r) 1-3; Tap Jumps 4-5; Kick 6 (3/8 to L); Foot grab 7; Kick

- 1 Kick forward with Heel of R foot, above the ground, while jumping in place on L
- 2 Kick sideways with L foot above the ground, while jumping onto R foot, begin to turn right

- 3 Jump on to L foot, while tapping with toe of R foot behind, finish turning (3/8 to right facing)
- 4 Jump with L foot in place, tap with Heel of R foot forward on the ground
- 5 Jump with L foot in place, tap with toe of R foot behind on the ground
- 6 Jump on to R foot turning 3/8 to left, while kicking forward with Heel of L foot above the ground
- 7 Jump on to L foot while grabbing ankle of R foot bending knee backwards (like heel to butt running)
- 8 Jump with L foot in place, while kicking forward with heel of R foot above the ground

Section 4: Wheel 1-2 turn ½ to r; continous Tornado 3-7 (2 full turns); heel Tap (1/4 to r)

- 1-2 pull back R foot from front to back, doing a wheel movement with R foot, begin turning R after R foot passes L foot, end with Heel of R foot kicking forward above ground and having turned ½ to r.
- 3 Kick sideways with L foot above the ground, while jumping onto R foot, begin to turn right
- 4 Jump onto L foot tap with toe of R foot behind, Turn ½ to R between 3-4.
- 5 Jump with L foot in Place, while turning ½ to r, Kick with heel of R foot forward above the ground
- 6 Kick sideways with L foot above the ground, while jumping onto R foot, begin to turn right
- 7 Jump onto L foot tap with toe of R foot behind, Turn ½ to R between 6-7
- 8 Jump with L foot in place, tap with toe of R foot behind, while turning ¼ to R.

Tag 1 2x8 Counts: Rocking chair, Step turn ½ to l, walk, walk, shuffle forward, step turn, walk, walk

Section 1

- 1-2 Rock R foot forward, recover onto L foot,
- 3-4 Rock L foot back, recover onto L foot
- 5-6 Rock R foot forward recover onto L foot, turning ½ to L
- 7&8 Step R forward, close L foot next to R, step R foot forward

Section 2

- 1-2 Walk forward with L foot, walk forward with R foot
- 3&4 Step L forward, close R foot next to L, step L foot forward
- 5-6 rock forward with R foot, recover onto L foot, turning ½ to L
- 7-8 walk Forward with R foot, walk forward with L foot.

Tag 2 4 Counts: Hold

- 1-4 Hold standing with your feet shoulder wide apart.
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