

拍数: 96 墙数: 1
编舞者: Karine Moya (FR) - June 2024
音乐: TLM - Yanns

级数: Phrased Beginner / Improver



Séquence : A, B, C, A, B, C, A, B, A,

Intro : 24 Counts Approx 14s
No Tag, No Restart

PARTIE A : 32 Counts

Section 1 K-STEP

1-2 Step R Fwd to R diagonal, Touch LF beside RF
3-4 Step L Back to L diagonal, Touch RF beside LF
5-6 Step R Back to R diagonal, Touch LF beside RF
7-8 Step L Fwd to L diagonal, Touch RF beside LF

Section 2 ROCKING CHAIR, STEP PIVOT ¼ TURN L With Hips Movement X2

1 2 Rock R Fwd. Recover weight on LF.
3 4 Rock R Back. Recover weight on LF.
5 6 RF Step Fwd, make ¼ turn L putting weight on LF (9:00)
7 8 RF Step Fwd, make ¼ turn L putting weight on LF (6:00)

Section 3 K-STEP

1-2 Step R Fwd to R diagonal, Touch LF beside RF
3-4 Step L Back to L diagonal, Touch RF beside LF
5-6 Step R Back to R diagonal, Touch LF beside RF
7-8 Step L Fwd to L diagonal, Touch RF beside LF

Section 4 ROCKING CHAIR,, STEP PIVOT 1/2 TURN L With Hips Movement, Step Fwd Touch

1 2 Rock R Fwd, Recover weight on LF.
3 4 Rock R Back. Recover weight on LF.
5 6 Step R Fwd, make ½ turn L putting weight on LF (12:00)
7 8 Step R Fwd, Touch LF next to RF (Weight on RF)

PARTIE B : 48 Counts

Section 1 : SIDE TOUCH HOLD L & R With Arms Movement, 4 WALKS IN A CIRCLE

&1 2 Make a small jump to the L side with LF(&), Touch RF beside LF (1)(Put the 2 arms on the L side: Arm L stretched and raised on the L side, pointing the index finger upwards, Arm R bent in front of the bust, pointing the index finger in the same direction than L arm), HOLD
&3 4 Make a small jump to the R side with RF(&), Touch LF beside RF (1)(Put the 2 arms on the R side : Arm R stretched and raised on the R side, pointing the index finger upwards, Arm L bent in front of the bust, pointing the index finger in the same direction than R arm), HOLD
5 6 7 8 Make a complete turn while walking L, R, L, R (12:00)

Arm Option: You can do the plane Arm R up in the air and Arm L down while you walk

Section 2 : OUT OUT (With Arms Movement), HOLD, IN IN (With Arms Movement), HOLD, 4 WALKS IN A CIRCLE

&1 2 LF to the L side (&), RF to the R side (1) (raise both arms in the air with open hands facing 12 o'clock (1), HOLD (2)
&3 4 Bring LF to the center (&), Bring RF beside LF & slightly bending the knees (3) (Lower the arms along the body , HOLD (4)
5 6 7 8 Make a complete turn while walking R, L, R, L (12:00)

Arm Option: You can do the plane Arm L up in the air and Arm R down while you walk

Section 3 : Fwd WALKS, TOUCH & CLAP, Bwd WALKS, TOUCH & CLAP

- 1 2 3 4 Step R Fwd , Step L Fwd, Step R Fwd, Touch LF beside RF (Weight on RF) & Clap Hands
5 6 7 8 Step L Back, Step R Back, Step L Back, Touch RF beside LF (Weight on LF) & Clap Hands

Section 4 : V STEP, PONY Fwd R & L

- 1 2 Step R Fwd to R diagonal, Step L Fwd to L diagonal
3 4 Step R Back to the center, Step L beside RF (Weight on LF)
5 6 Step R Fwd hitching L knee, Step L beside RF, Step R Fwd hitching L knee
7 8 Step L Fwd hitching R knee, Step R beside LF, Step L Fwd hitching R knee

Section 5 : CROSS, POINT R & L, STEP PIVOT 1/2 TURN L X2

- 1 2 RF cross over LF, LF touch to the L side
3 4 LF cross over RF, RF touch to the R side
5 6 RF Step Fwd, make ½ turn L putting weight on LF (6:00)
7 8 RF Step Fwd, make ½ turn L putting weight on LF (12:00)

Section 6 : JAZZ BOX, SIDE STEP, TOUCH R & L

- 1 2 Cross RF over LF, Step Back on L
3 4 Step R to the R side, Step Fwd on L (Weight on LF)
5 6 Step R to the R side, Touch LF next to RF (Weight on RF)
7 8 Step L to the L side, Touch RF next to LF (Weight on LF)

PARTIE C : 16 Counts

Section 1 : ¼ TURN SIDE STEP, TOGETHER, CHASSE (X2)

- 1 2 Make 1/4 turn L Step R to R side, Step L next to R (Put your 2 arms in the air and swing them towards the R, towards the L) (9:00)
3&4 Step R to R side, Step L next to R, Step R to R side (Swing your arms towards the R and leave them at R during the Chasse)
5 6 Make 1/4 turn L Step L to L side, Step R next to L (Put your 2 arms in the air and swing them towards the L, towards the R)(6:00)
7&8 Step L to L side, Step R next to L, Step L to L side (Swing your arms towards L and leave them at L during the chassé)

Section 2 ¼ TURN SIDE, TOGETHER, CHASSE (X2)

- 1 2 Make 1/4 turn L Step R to R side, Step L next to R (Put your 2 arms in the air and swing them towards the R, towards the L) (3:00)
3&4 Step R to R side, Step L next to R, Step R to R side (Swing your arms towards the R and leave them at R during the Chasse)
5 6 Make 1/4 turn L Step L to L side, Step R next to L (Put your 2 arms in the air and swing them towards the L, towards the R) (12:00)
7&8 Step L to L side, Step R next to L, Step L to L side (Swing your arms towards L and leave them at L during the chassé)

HAPPY DANCE !

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