

Scotch Mist

拍数: 0 墙数: 2 级数: Improver line/contra dance
编舞者: Doug Miranda (USA) & Jackie Snyder (USA)
音乐: Scotch Mist - The Sporrans Brothers



Sequence: AAB AB AAB AB A
fun try this dance Contra style!

PART A

SHUFFLE RIGHT-LEFT-RIGHT; SHUFFLE LEFT-RIGHT-LEFT; RIGHT TOE HEEL; RIGHT COASTER STEP

1&2 Shuffle forward right-left-right
3&4 Shuffle forward left-right-left
5-6 Point right toe inward next to left, touch right heel next to left
7&8 Step right back, step left next to right, step right forward

SHUFFLE LEFT-RIGHT-LEFT; SHUFFLE RIGHT-LEFT-RIGHT; LEFT TOE HEEL; LEFT COASTER STEP

1&2 Shuffle forward left-right-left
3&4 Shuffle forward right-left-right
5-6 Point left toe inward next to right, touch left heel next to right
7&8 Step left back, step right next to left, step left forward

RIGHT HEEL STEP & TAP LEFT TOE, LEFT HEEL STEP & TAP RIGHT TOE, ½ TURN LEFT STOMP RIGHT-LEFT-RIGHT

1&2 Touch right heel slightly forward, step right foot next to left, touch left toe next to right foot
3&4 Touch left heel slightly forward, step left foot next to right, touch right toe next to left foot
5-6 Step right foot forward, pivot ½ turn left (weight on left)
7&8 Stomp in place right, left, right

SYNCOPATED SWING OR SIDE POINTS LEFT-RIGHT-LEFT, HOLD WITH 2 CLAPS; RIGHT-LEFT-RIGHT, HOLD, 2 CLAPS

1&2 Point left toe to left side, step left next to right, point right to right side
&3&4 Step right next to left, point left to left side, hold, and clap 2 times for &4
&5&6 Step left next to right, point right toe to right side, step right next to left, point left toe to left side
&7&8 Step left next to right, point right toe to right side, hold, and clap 2 times for &8

CROSS ROCK, RIGHT OVER LEFT, RIGHT SIDE SHUFFLE RIGHT-LEFT-RIGHT; CROSS ROCK LEFT OVER RIGHT, SIDE SHUFFLE LEFT-RIGHT-LEFT

1-2 Cross right over left, rock back weight on left
3&4 Side shuffle to right side right, left, right
5-6 Cross left over right, rock back weight on right
7&8 Side shuffle to left side left, right, left

PART B

1-8 Cross right over left chasse to left side; cross left over right chasse to right side
1&2&& (At 45 degree angle to left), cross right over left, step left to left side, cross right over left, step left to left side
3&4 Cross right over left, step left to left side, cross right over left
& Hitch left knee up while turning 45 degree angle to right
5&6&& Cross left over right, step right to right side, cross left over right, step right to right side
7&8 Cross left over right, step right to right side, cross left over right

ROCK RIGHT FORWARD, BACK LEFT, RIGHT COASTER STEP; ROCK LEFT FORWARD, BACK RIGHT, LEFT COASTER STEP

- 1-2 Rock right forward, rock back on left
3&4 Step right back, step left back together next to right, step right forward
5-6 Rock left forward, rock back on right
7&8 Step left back, step right back together next to left, step left forward

STOMP RIGHT FORWARD, HOLD WITH 2 CLAPS; STOMP LEFT FORWARD, HOLD WITH 2 CLAPS, ½ TURN LEFT; RIGHT KICK-BALL-CHANGE

- 1&2 Stomp right forward hold and clap 2 times (for counts &2)
3&4 Stomp left forward hold and clap 2 times (for counts &4)
5-6 Step right forward, ½ turn left (weight to left)
7&8 Kick right forward slightly, step right next to left, step left next to right

STOMP RIGHT FORWARD, HOLD WITH 2 CLAPS; STOMP LEFT FORWARD, HOLD WITH 2 CLAPS, ½ TURN LEFT; RIGHT KICK-BALL-CHANGE

- 1&2 Stomp right forward hold and clap 2 times (for counts &2)
3&4 Stomp left forward hold and clap 2 times (for counts &4)
5-6 Step right forward, ½ turn left (weight to left)
7&8 Kick right forward slightly, step right next to left, step left next to right
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