

Turmoil (P)

拍数: 32 墙数: 0 级数: Partner
编舞者: Rick Bates (USA) & Deborah Bates (USA)
音乐: Lucky Me, Lucky You - Lee Roy Parnell



Position: Indian Position, facing LOD

SQUAT, STAND UP, SIDE EXTENSION, ROCK STEP, FULL TURN TO THE RIGHT

- 1-2 Bend knees and lower body; straighten knees and stand upright
3-4 With body facing forward, turn head and right leg toward 3:00 and extend right leg and right arm to the right; bring right leg and right arm to center and turn head forward
5-6 Step forward on right foot; rock back onto left foot
Release left hands and raise right hands. Partners turn under upraised joined hands
7-8 Pivot ½ turn to the right on ball of left foot and step forward on right foot; pivot ½ turn to the right on ball of right foot and step left foot next to right

Rejoin hands back in the Indian position

ROCK STEP, WALK FORWARD

- 9-10 Step back on right foot; rock forward onto left foot
11-12 Step forward on right foot; step forward on left foot

MAN: DIAGONAL STEP-SLIDE RIGHT, TOGETHER, LADY: DIAGONAL ROLLING TURN, TOGETHER

Man does the following steps almost in place allowing partner to end to the right of man

Release left hands and raise right hands. Lady turns under upraised joined hands...

- 13-14 **MAN:** Step forward and diagonally to the right on right foot; slide left foot next to right and step
LADY: Step forward and diagonally to the right on right foot and begin a full turn to the right traveling to the right, step on left foot and continue full to the right traveling turn
15-16 **MAN:** Step forward and diagonally to the right on right foot; step left foot next to right
LADY: Step on right foot and complete full to the right traveling turn; step left foot next to right

Rejoin hands in the right side-by-side position

SYNCOPATED HEEL SWITCHES, TOE-HEEL STRUTS

- 17& Touch right heel forward; step right foot to home
18& Touch left heel forward; step left foot to home
19-20 Step forward on right toe; lower right heel down onto floor
21& Touch left heel forward; step left foot to home
22& Touch right heel forward; step right foot to home
23-24 Step forward on left toe; lower left heel down onto floor

WALK FORWARD, FORWARD SHUFFLE

- 25-26 Step forward on right foot; step forward on left foot
27-28 Shuffle forward (right, left, right)

MAN: DIAGONAL STEP-SLIDE LEFT, TOGETHER, LADY: DIAGONAL ROLLING TURN, TOGETHER

Man does the following steps almost in place allowing partner to end in front of man

Release left hands and raise right hands. Lady turns under upraised joined hands..

- 29-30 **MAN:** Step forward and diagonally to the left on left foot; slide right foot next left and step
LADY: Step forward and diagonally to the left on left foot and begin a full turn to the left traveling to the left; step on right foot and continue full traveling turn to the left
31-32 **MAN:** Step forward and diagonally to the left on left foot; step right foot next to left
LADY: Step on left foot and complete full traveling turn to the left; step right foot next to left

Rejoin hands in the Indian position

REPEAT
