

Flashdance

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Debbie Hogg (UK)
音乐: Flashdance...What a Feeling - Irene Cara



Optional Intro Dance

Section 1: □ Side, Close, Forward, Hold, Side, 1/2 turn, Step forward, Hold

1-2 Step left to left side. Close right beside left.
3-4 Step forward on left. Hold
5-6 Step right to right side. Close left beside right making ½ turn right
7-8 Step forward on right (slightly to right diagonal). Hold

Section 2: □ Cross rock, Full Turn Left, Sway, Sway

1-2 Cross rock left over right. Recover onto right
3-4 Step left to left side. Step right beside left (making optional full turn left)
5-6 Sway left (over 2 counts) sliding right in towards left
7-8 Sway right (over 2 counts) sliding left in towards right

Dance the above 16 counts 3 times in total on the 4th wall change as follows:

Tag: □ Side, Close, Forward, Hold. Side, 1/2 turn, Step, Step

1-2 Step left to left side. Close right beside left
3-4 Step forward on left. Hold
5-6 Step right to right side. Close left beside right making 1/2 turn right
7-8 Step forward on right. Step forward on left.

Step forward. Touch. Step Back. Touch. Step side. Touch. Step side. Flick

1-4 Step right forward. Touch left beside right. Step left back. Touch right beside left
5-6 Step right to right side. Touch left beside right
7-8 Step left to left side. Flick right foot behind left leg throwing both arms to left side

#6 Walks Round in Own Circle (clockwise). 2 Walks Forward

1-8 6 walks round in own circle (clockwise) (right, left, right, left, right, left). 2 steps forward (right, left)

PART B: □ Main Dance

Section 1: □ 1/4 left, Rock Forward, Triple Step 1/2 Turn, Rock Forward, Triple Step 1/2 Turn

1-2 ¼ turn left into: Rock forward on right. Recover back onto left
3 & 4 Triple step (right, left, right) making ½ turn right
5-6 Rock forward on left. Recover back onto right
7 & 8 Triple step (left, right, left) making ½ turn left

Section 2: □ Side. Hold. Close. Side. Touch. 1+ 1/4 Turn Left. Brush

1-2 Step right to right side. Hold
& 3-4 Close left beside right. Step right to right side. Touch left beside right
5 ¼ turn left stepping forward onto left
6-7 Full turn left (step back onto right, step forward onto left)
8 Brush right forward (finish with right leg raised facing 06:00 wall)

Section 3: □ Jazz Box. 1/2 Turn. Touch. Long Step. Drag. Ball-Change

1-2 Cross step right over left. Making 1/2 turn right step back left
3-4 Step right to right side. Touch left beside right
5-6-7 Step left long step to left side. Drag right towards left over 2 counts

& 8 Step onto ball of right foot behind left. Replace weight onto left

Section 4: ¼ Turn Right. Step Forward. Step Forward. ½ Pivot. Step Forward. Step Forward. ½ pivot. Rock Forward. Recover

1 ¼ turn right stepping right forward
2-3 Step left forward. ½ pivot turn right.
4 Step left forward
5-6 Step right forward. ½ pivot turn left
7-8 Rock forward on right. Recover back onto left

Section 5: □'What a Feeling' Flick. ¾ Turn. Scissor Step. Step Touches

1 Flick right behind making ¾ turn right to face home wall
2 Cross step right over left
3 & 4 Step left to left side, Close right beside left, Cross step left over right
5-8 Step right to right side. Touch left beside right. Step left to left side. Touch right beside left

Section 6: □¼ Turn Right. 3 Ball-Changes Making Full Turn. Cross step. Kick. Step Behind. ¼ Turn Left Step Forward

1 ¼ turn right stepping right forward
&2&3&4 3 Ball-changes making a full turn right
5-6 Cross step left over right. Kick right diagonally forward
7-8 Step right behind left. ¼ turn left stepping left forward (facing home wall)

Section 7: Skate Step Forward. Touch. ½ Turn Left. Skate Step. 1/4 Turn. Hitch. Step. Cross. 1/4 Turn. Full Turn

1-2 Right skate step forward. Touch left beside right.
3-4 ½ turn left into skate step forward left. 1/4 turn left hitching right knee, leaning body slightly to left
5-6 Step right to right side. Cross step left over right
7-8 1/4 turn right stepping right forward. Full turn right stepping left beside right.

Section 8: □Step. Step. ½ turn. Step. Walk. Walk. Large step. slide Close.

1-2 Step right forward. Step left forward
3-4 ½ pivot turn right. Step left forward
5-6 Step right forward. Step left forward
7-8 Large step forward onto right. Slide left to close beside right (weight on balls of feet).

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