Enya's Book

拍数: 0

级数: Intermediate/Advanced

编舞者: Dan Testa (USA)

音乐: Book of Days - Enya

PART A

RIGHT SHUFFLE BACK, HEEL JACK ENDING WITH A LEFT SCUFF, WALK LEFT, RIGHT

- 1&2 Step right back, step left next to right, step right back
- &3 Step left back, touch right heel forward
- &4 Step right next to left, scuff left forward
- 5-6 Walk forward left, walk forward right

LEFT SHUFFLE, STEP PIVOT(1/2), WALK RIGHT

- 7&8 Step left forward, step right next to left, step left forward
- 9-10 Step right forward, pivot 1/2 left ending with weight on left
- The dance ends on count 10 of the 7th pattern of A
- 11 Walk forward right

LEFT SHUFFLE, JAZZ BOX ENDING WITH A CROSSOVER

- 12&13 Step left forward, step right next to left, step left forward
- Step right crossing in front of left, step back left 14-15
- 16-17 Step right to right side, step left crossing in front of right

STEP, HOOK, LEFT, BEHIND

Step right to side 18

During 4th pattern of A, start C after this count

- 19 Hook left foot in front
- 20 Step left to side
- 21 Step right crossing behind left

TURNING LEFT VINE WITH A BALL CHANGE AS THE FOURTH BEAT

22 Step left to left side turning 1/4 left

During 2nd pattern of A, start B after this count

- 23 Step right forward turning 1/2 left
- 24&25 Step left back turning ¼ left, step right next to left with the ball, step left to left side

TWO HEEL JACKS, STEP PIVOT (1/4 TO THE LEFT)

- &26 Step right back diagonally right, touch left heel forward and slightly to the left
- &27 Step left next to right, step right in place
- &28 Step left back diagonally left, touch right heel forward and slightly to the right
- &29 Step right next to left, step left in place
- 30-31 Step right forward, pivot 1/4 left ending with weight on left

CROSS BACK SIDE SHUFFLE, CROSS BACK SIDE SHUFFLE

- 32-33 Step right crossing in front of left, step back left
- 34&35 Step right to right side, step left next to right, step right to right side
- 36-37 Step left crossing in front of right, step back right
- 38&39 Step left to left side, step right next to left, step left to left side

Start dancing again from the beginning of PART A

PART B

37 counts; starts and ends facing the back





墙数:4

RIGHT SHUFFLE BACK, HEEL JACK ENDING WITH A LEFT SCUFF, WALK LEFT

- 1&2 Step right back, step left next to right, step right back
- &3 Step left back, touch right heel forward
- &4 Step right next to left, scuff left forward
- 5 Walk forward left

STEP PIVOT (¼ LEFT), STEP, STEP

- 6-7 Step forward right, pivot ¼ left ending with weight on left
- 8-9 Step right next to left, step left in place
- 10-18 Repeat counts 1-9 (facing right at count 10)
- 19-27 Repeat counts 1-9 again. (facing front at count 19)
- 28-36 Repeat counts 1-9 one more time. (facing left at count 28)

BALL CHANGE

&37 Step right in place on the ball of the foot, step left in place Start dancing again from the beginning of PART A

PART C

68 counts; starts facing right; ends facing forward

POINT, HOLD, POINT, HOLD, BEHIND, SIDE, CROSS, POINT

- 1-2 Point left toe forward, hold
- 3-4 Point left toe to left side, hold
- 5-6 Step left crossing behind, step right to side
- 7-8 Step left crossing in front, point right toe to right side

POINT, HOLD, POINT, HOLD, BEHIND, SIDE, CROSS, POINT

- 9-10 Point right toe forward, hold
- 11-12 Point right toe to right side, hold
- 13-14 Step right crossing behind, step left to side
- 15-16 Step right crossing in front, point left toe to left side

POINT, POINT, BEHIND, SIDE, CROSS, POINT

- 17-18 Point left toe forward, point left toe to left side
- 19-20 Step left crossing behind, step right to side
- 21-22 Step left crossing in front, point right toe to right side

POINT, POINT, BEHIND, SIDE, CROSS, POINT

- 23-24 Point right toe forward, point right toe to right side
- 25-26 Step right crossing behind, step left to side
- 27-28 Step right crossing in front, point left toe to left side

POINT, HOLD, PIVOT (¼ RIGHT), HOLD

- 29-30 Point left toe forward, hold
- 31-32 Pivot ¼ turn right ending with weight on left, hold

Counts 33-60 are counts 1-28 on opposite footwork

POINT, HOLD, POINT, HOLD, BEHIND, SIDE, CROSS, POINT

- 33-34 Point right toe forward, hold (facing back at count 33)
- 35-36 Point right toe to right side, hold
- 37-38 Step right crossing behind, step left to side
- 39-40 Step right crossing in front, point left toe to left side

POINT, HOLD, POINT, HOLD, BEHIND, SIDE, CROSS, POINT

- 41-42 Point left toe forward, hold
- 43-44 Point left toe to left side, hold

- 45-46 Step left crossing behind, step right to side
- 47-48 Step left crossing in front, point right toe to right side

POINT, POINT, BEHIND, SIDE, CROSS, POINT

- 49-50 Point right toe forward, point right toe to right side
- 51-52 Step right crossing behind, step left to side
- 53-54 Step right crossing in front, point left toe to left side

POINT, POINT, BEHIND, SIDE, CROSS, POINT

- 55-56 Point left toe forward, point left toe to left side
- 57-58 Step left crossing behind, step right to side
- 59-60 Step left crossing in front, point right toe to right side

STEP PIVOT (1/8 LEFT) X4

- 61-62 Step right forward, pivot 1/8 turn left ending with weight on left
- 63-68 Repeat counts 61-62 three times

Start dancing again from the beginning of PART A

SEQUENCE:

I used the version of the song that is on most US copies of the "Shepherd Moons" CD. This version has lyrics in both English and Gaelic. A rough breakdown of the song:

- I. Introduction
- II. First Verse (English lyrics)
- III. Bridge (Gaelic lyrics)
- IV. Second Verse (English lyrics)
- V. Interlude (Ambient section)
- VI. Third Verse (English lyrics)

Start dancing with the vocals. This will be eight counts after the music speeds up (for the English language "Shepherd Moons" version). (the count-in may be different if you have another version of the music - for example, the version used in the movie "Far and Away" for the closing credits has an extra eight counts before the vocals.)

Phrasing instructions:

- I. Introduction (Wait for the dance to start)
- II. First Verse (Do all of A plus the first 22 counts of A)
- III. Bridge (Do all of B)

IV. Second Verse & transition to Interlude(Do all of A plus the first 18 counts of A)

V. Interlude (Do all of C)

VI. Third Verse (Do all of A twice, then do the first 10 counts of A. Strike an ending pose after count 10 (you have just turned to face front)) The dance ends when the song ends.

The toughest part of the song is the fourth pattern of A. You need to keep dancing at the same speed while the song does not provide a steady beat for you to follow.