

Enya's Book

拍数: 0 墙数: 4 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($\frac{1}{2}$), WALK RIGHT

7&8 Step left forward, step right next to left, step left forward
9-10 Step right forward, pivot $\frac{1}{2}$ 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
14-15 Step right crossing in front of left, step back left
16-17 Step right to right side, step left crossing in front of right

STEP, HOOK, LEFT, BEHIND

18 Step right to side
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 $\frac{1}{4}$ left
During 2nd pattern of A, start B after this count
23 Step right forward turning $\frac{1}{2}$ left
24&25 Step left back turning $\frac{1}{4}$ left, step right next to left with the ball, step left to left side

TWO HEEL JACKS, STEP PIVOT ($\frac{1}{4}$ 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 $\frac{1}{4}$ 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

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.
