

Deltas Dream

拍数: 0 墙数: 2 级数: Intermediate
编舞者: Daniel Keshan (AUS)
音乐: Not Me, Not I - Delta Goodrem



Sequence: AA BB AA B

PART A

CROSS, SWEEP, CROSS, SWEEP, FORWARD, BACK, ¼ TURN, SIDE

- 1-4 Cross right over left, sweep left out to left side, cross left over right, sweep right out to right side
5-8 Rock forward on right, rock back on left, ¼ turn right - step right to right side, hold

CROSS, SIDE, CROSS, HOLD, ¼ TURN FORWARD, BACK, ¼ TURN SIDE, HOLD

- 1-4 Cross left over right, step right to right side, cross left over right, hold
5-8 ¼ turn right - rock forward on right, rock back on left, ¼ turn right - step right to right side, hold

CROSS, HOLD, BACK, HOLD, ¼ TURN/STEP - FORWARD, HOLD, PIVOT, HOLD

- 1-4 Cross left over right, hold, rock back on right, hold
& ¼ turn left - step forward on left
5-8 Step forward on right, hold, pivot ½ turn left, hold

SIDE, ROCK, CROSS, HOLD, SIDE, ROCK, CROSS, HOLD

- 1-4 Step right to right side, rock left to left side, cross right over left, hold
5-8 Step left to left side, rock right to right side, cross left over right, hold

HIPS, HOLD, HIPS, HOLD, 1 ¼ TURN, HOLD

- 1-4 Step right to right side - push hips to right slowly, hold, push hips to left slowly, hold
5-8 1 ¼ turn to right over right shoulder: turn right, turn left, turn right, hold

SIDE, HOLD, SIDE, HOLD, TOGETHER-SIDE, HOLD, SIDE, HOLD, TOGETHER

- 1-4& Step left to left side, hold, rock right to right side, hold, step left together
5-8& Step right to right side, hold, rock left to left side, hold, step right together

¼ TURN, ½ TURN, FORWARD, TOGETHER, FORWARD, HOLD

- 1-4 ¼ turn left - step forward on left, hold, ½ turn left - step back on right, hold
5-8 Step forward on left, slide right together, step forward on left, hold

PART B

SIDE, ROCK, CROSS, ¼ TURN, ½ TURN, FORWARD, HOLD

- 1-4 Step right to right side, rock left to left side, cross right over left, hold
5-8 ¼ turn right - step back on left, ½ turn right step on right, step forward on left, hold

COASTER, HOLD, FORWARD, HOLD, BACK, HOLD

- 1-4 Step back on right, step left together, step forward on right, hold
5-8 Rock forward on left - turn ¼ turn right, hold, ¼ turn left - step back on right, hold

½ TURN, ½ TURN, ¼ TURN, HOLD, CROSS, BACK, SIDE, HOLD

- 1-4 ½ turn left - step forward on left, ½ turn left - step back on right, ¼ turn left - step left to left, hold
5-8 Cross right over left, rock back on left, step right to right side, hold

SLOW SAILOR-HOLD, SLOW SAILOR-HOLD

1-4 Cross left behind right, step right to right side, step left to left side, hold

5-8 Cross right behind left, step left to left side, step right to right side, hold

BACK, HOLD, FORWARD, HOLD, TOGETHER-FORWARD, HOLD, PIVOT, HOLD

1-4 Rock back on left, hold, step forward on right, hold

& Step forward on left

5-8 Step forward on right, hold, pivot ½ turn left, hold

TOGETHER-FORWARD, HOLD, PIVOT, HOLD, FORWARD, ½ TURN, ½ TURN, HOLD

& Step forward on right

1-4 Step forward on left, hold, pivot ½ turn right, hold. (weight on right)

5-8 Step forward on left, ½ turn left - step back on right, ½ turn left - step forward on left, hold
