

The Dance

拍数: 64 墙数: 4 级数:
编舞者: Leonie Smallwood (AUS)
音乐: Our Town - Iris DeMent



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|-------|--|
| 1-2 | Step forward right, step forward left |
| 3-6 | Step forward right, rock back onto left, step back right, rock forward onto left |
| 7-8 | Step forward right, step forward left |
| 9-12 | Step forward right, rock back onto left, step back right, rock forward onto left |
| 13-16 | Step forward right, pivot ¼ turn left, step forward right, pivot ¼ turn left |
| 17-18 | With right foot off floor turn right knee in, turn right knee out |
| 19-20 | Kick right to right side, step right in front of left |
| 21-22 | With left foot off floor turn left knee in, turn left knee out |
| 23-24 | Kick left to left side, step left in front of right |
| 25-26 | Kick right to right side, step right in front of left |
| 27-28 | Kick left to left side, step left in front of right |
| 29-30 | Kick right to right side, touch right on front of left |
| 31-32 | Kick right to right side, step right behind left |
| 33-34 | Kick left to left side, step left behind right |
| 35-36 | Kick right to right side, step right behind left |
| 37-38 | Kick left to left side, touch left behind right |
| 39-40 | Kick left to left side, step left in front of right |
| 41-42 | Step forward right (turning body slightly to left), rock back onto left |
| 43-44 | Step back right (turning body slightly to right), rock forward onto left |
| 45-48 | Full turn left (right-left) traveling forward, step forward right (turning body slightly to left), rock back onto left |
| 49-50 | Step back right (turning body slightly to right), rock forward onto left |
| 51-52 | Step forward right (turning body slightly to left), rock back onto left |
| 53-54 | Full turn right (right-left) traveling back |
| 55-56 | Step back right (turning body slightly to left), rock forward onto left |
| 57-58 | Sweep right foot in a circular motion from right to left making a ½ turn left, finishing with right foot beside left |
| 59-60 | Transfer weight to right, hold |
| 61-62 | Sweep left foot in a circular motion from right to left making a ½ turn left, finishing with left foot beside right |
| 63-64 | Transfer weight to left, hold |
- The final step is best visualized as using the foot to trace a semi-circle on the floor in front of the body, use the momentum of the sweep to make the turn**

REPEAT
