

Contredanse

拍数: 64 墙数: 2 级数: Improver contra dance
编舞者: Colleen Archer (AUS)
音乐: Dance Above the Rainbow - Ronan Hardiman



- 1-2 Touch right heel forward to 45 degrees, hold and click fingers at shoulder height
3&4 Touch right heel in place, hook right heel up to left knee, touch right heel forward to 45 degrees
5&6 Right coaster step (step right back, left beside right, right forward)
7&8 Shuffle forward stepping left, right, left (passing through opposite line) (12:00)
- 1-2 Step right to side, step left beside right and clap
3&4 Small shuffle to right stepping right, left, right turning $\frac{1}{4}$ left
5-6 Step left to side, step right beside left and clap
7&8 Small shuffle to left stepping left, right, left (use shuffle to line up facing partner & form one line) (9:00)
- 1&2 Touch right heel forward 45 degrees, step right beside left, touch left heel forward 45 degrees
&3-4 Step left beside right, touch right heel forward 45 degrees, hold and clap
5&6 Right sailor step (step cross right behind left, step left to side, replace weight right)
7-8 Step left forward, turn $\frac{1}{2}$ right taking weight forward onto right (facing new partner) (3:00)
- 1&2&
3&4 Touch left toe to left side, step left beside right, touch right toe to side, step right beside left
5-6 Shuffle to left side stepping left, right, left
7-8 Step/cross right over left, step left back
7-8 Touch right toe back, turn $\frac{1}{4}$ right taking weight onto left (6:00)
- 1&2 Right sailor step (step cross right behind left, step left to side, replace weight right)
3&4 Shuffle forward stepping left, right, left (forming one line facing alternative sides)
5&6 Step right forward, step left in place, step right beside left (mambo)
7&8 Step left back, step right in place, step left beside right (mambo) (6:00)
- 1-2 Walk forward right, left (forming two lines again)
3&4 Step cross right over left, step left to side, replace weight right (cross samba)
5&6 Step cross left over right, step right to side, replace weight left (cross samba)
7-8 Step right forward, turn $\frac{1}{4}$ left taking weight onto left (3:00)
- 1-3 Step cross right over left, step left to side, step cross right behind left
&4& Step left slightly back, touch right heel forward to 45 degrees right and clap, step right to center
5-7 Step cross left over right, step right to side, step cross left behind right
&8& Step right slightly back, touch left heel forward to 45 degrees left and clap, step left to center (3:00)
- 1&2 Cross shuffle to left stepping right, left right
3&4 Turn $\frac{1}{4}$ left and shuffle forward stepping left, right, left (passing through opposite line)
5&6 Turn $\frac{1}{4}$ left and shuffle to right side stepping right, left, right
7&8 Turn $\frac{1}{4}$ left and small step left to left side, touch right beside left & clap twice (6:00)

REPEAT

