

Celtic Knot

拍数: 0 墙数: 2 级数: Advanced
编舞者: Glynn Rodgers (UK)
音乐: Deanie Celtic Mix - The Dean Brothers



Sequence: A, B, A, B, C, Bridge A, Bridge B, A, A

SECTION A

SYNCPATED HEEL SWITCHES

- 1-2 Dig right heel forward twice
- &3 Step right in place and dig left heel forward
- 4 Dig left heel forward
- &5 Step left in place and dig right heel forward
- &6 Step right in place and dig left heel forward
- &7 Step left in place and dig right heel forward
- 8 Dig right heel forward

SYNCPATED TOE SWITCHES (MOVING BACK)

- &1 Step right in place and touch left toe over right
- &2 Step left in place, and touch right toe over left
- &3 Step right in place and touch left toe over right
- 4 Touch left toe over right
- &5 Step left in place, and touch right toe over left
- &6 Step right in place and touch left toe over right
- &7 Step left in place, and touch right toe over left
- 8 Touch right toe over left

SAMBA RIGHT, POINT, TOGETHER, WALKS, AND MAMBO

- 1&2 Rock right to right side, recover weight onto left, cross right over left
- 3-4 Point left to left side, touch left beside right
- 5-6 Walk forward, left, right
- 7&8 Rock forward left, recover weight onto right, step left beside right

LOCK BACK, SWEEP TURN, LOCK BACK, AND SWEEP TURN

- 1&2 Step back right, cross left over right, step back right
- 3-4 Sweep left leg out to left side turning a ½, close left to right
- 5&6 Step back right, cross left over right, step back right
- 7-8 Sweep left leg out to left side turning a ½, close left to right

SECTION B

POINT & POINT, STEP, TOUCH, LOCK BACK, SAILOR STEP

- 1&2 Point right to right side, close right to left, point left to left side
- &3 Close left to right, step forward right
- 4 Touch left beside right
- 5&6 Step back left, cross right over left, step back left
- 7&8 Cross right behind left. Step left to left side. Step right to place

SAILOR ¼ POINT & CROSS, SAMBA, CHASSE

- 1&2 Step left behind right turning ¼ left, step right to right side, step left to place
- 3&4 Point right to right side, step right in place, cross left over right
- 5&6 Step right to right side, close left to right, cross right over left
- 7&8 Step left to left side, close right to left, step left to left side

ROCK BACK, RECOVER, CHASSE, COASTER TURN, STOMP, STOMP

- 1-2 Rock back right, recover weight onto left
- 3&4 Step right to right side, close left to right, step right to right side
- 5&6 Step back left turning $\frac{1}{4}$ left, close right to left, step forward left
- 7-8 Stomp forward right, stomp left behind right

STOMP, STOMP, HEEL SWIVELS

- 1-2 Stomp forward right, stomp left behind right
- 3&4 Swivel both heels - out, in, out
- 5-6 Swivel both heels - in, out
- 7&8 Swivel both heels - in, out, in

SECTION C

HEEL, TOE, SHUFFLE, ROCK, RECOVER, TOUCH UNWIND

- 1-2 Dig right heel forward, touch right toe back
- 3&4 Step forward right, close left to right, step forward right
- 5-6 Rock forward left, recover weight onto right
- 7-8 Touch left toe back, unwind $\frac{1}{2}$ left

HEEL, TOE, SHUFFLE, ROCK, RECOVER, TOUCH UNWIND

- 1-2 Dig right heel forward, touch right toe back
- 3&4 Step forward right, close left to right, step forward right
- 5-6 Rock forward left, recover weight onto right
- 7-8 Touch left toe back, unwind $\frac{1}{2}$ left

WEAVE LEFT, POINT, WEAVE RIGHT, POINT

- 1-2 Cross right over left, step left to left side
- 3-4 Step right behind left, point left to left side
- 5-6 Cross left over right, step right to right side
- 7-8 Step left behind right, point right to right side

SAILOR, SAILOR $\frac{1}{4}$, HEELS AND POINTS

- 1&2 Step right behind left, step left to left side, step right in place
- 3&4 Step left behind right turning a $\frac{1}{4}$ left, step right to right side, step left in place
- 5&6 Dig right heel forward, step right in place, dig left heel forward
- &7 Step left in place, point right to right side
- &8 Step right in place, and point left to left side

WEAVE RIGHT, POINT, WEAVE LEFT, POINT

- 1-2 Cross left over right, step right to right side
- 3-4 Step left behind right, point right to right side
- 5-6 Cross right over left, step left to left side
- 7-8 Step right behind left, point left to left side

CROSS, TURN, SHUFFLE BACK, ROCK, RECOVER, SHUFFLE

- 1-2 Cross left over right, step back right turning a $\frac{1}{4}$ left
- 3&4 Step back left, close right to left, step back left
- 5-6 Rock back right, recover weight onto left
- 7&8 Step forward right, close left to right, step forward right

ROCK, RECOVER, SHUFFLE $\frac{1}{2}$, ROCK, RECOVER, COASTER STEP

- 1-2 Rock forward left, recover weight onto right
- 3&4 Step back left turning $\frac{1}{4}$ left, step back left turning $\frac{1}{4}$ left
- 5-6 Rock forward right, recover weight onto left

7&8 Step back right, close left to right, step forward right

ROCK, RECOVER, COASTER STEP, PIVOT TURN, STOMP, STOMP

1-2 Rock forward left, recover weight onto right
3&4 Step back left, close right to left, step forward left
5-6 Step forward right, turn $\frac{1}{2}$ over the left shoulder
7-8 Stomp forward right, left

BRIDGE A

ROCK FORWARD, SIDE, BACK, SIDE & TOGETHER

1-2 Rock forward right, recover weight onto left
3-4 Rock right to right side, recover weight onto left
5-6 Rock right back, recover weight onto left
7&8 Rock right to right, recover weight onto left, close right to left

ROCK FORWARD, SIDE, BACK, SIDE & TOGETHER

1-2 Rock forward left, recover weight onto right
3-4 Rock left to left side, recover weight onto right
5-6 Rock back left, recover weight onto right
7&8 Rock left to left side, recover weight onto right, close left to right

MONTEREY TURN, HEEL, TOE, SHUFFLE FORWARD

1-2 Touch right to right side, on ball of left make $\frac{1}{2}$ turn right, stepping right beside left
3-4 Touch left to left side, step left beside right
5-6 Dig right heel forward, touch right toe back
7&8 Step forward right, close left to right, step forward right

MONTEREY TURN, HEEL, TOE, SHUFFLE FORWARD

1-2 Touch left to left side. On ball of right make $\frac{1}{2}$ turn left, stepping left beside right
3-4 Touch right to right side. Step right beside left
5-6 Dig left heel forward, touch left toe back
7&8 Step forward left, close right to left, step forward left

ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, SHUFFLE TURN

1-2 Rock forward right, recover weight onto left
3&4 Step back right, close left to right, step forward right
5-6 Rock forward left, recover weight onto right
7&8 Step back left turning $\frac{1}{4}$ left, close right to left, step back left turning $\frac{1}{4}$ left

ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, SHUFFLE TURN

1-2 Rock forward right, recover weight onto left
3&4 Step back right, close left to right, step forward right
5-6 Rock forward left, recover weight onto right
7&8 Step back left turning $\frac{1}{4}$ left, close right to left, step back left turning $\frac{1}{4}$ left

BRIDGE B

POINT CROSS X4

1-2 Point right to right side, cross right over left
3-4 Point left to left side, cross left over right
5-6 Point right to right side, cross right over left
7-8 Point left to left side, cross left over right

FULL MONTEREY TURN

1-2 Touch right to right side, on ball of left make $\frac{1}{2}$ turn right, stepping right beside left

3-4 Touch left to left side, step left beside right
5-6 Touch right to right side, on ball of left make $\frac{1}{2}$ turn right, stepping right beside left
7-8 Touch left to left side, step left beside right
