

Amour (P)

拍数: 44 墙数: 0 级数: Partner
编舞者: Pat Griffiths (UK) & Sue Griffiths (UK)
音乐: Pack Up Your Lies And Go - Celinda Pink



Position: Mans on the outside circle facing inwards. Lady on the inside circle facing outwards. Hold hands facing each other

MAN'S STEPS

- 1 Left foot step to left
- 2 Right foot place next to left
- 3 Left foot step to left
- 4 Right foot touch next to left

Move arms in a gentle cycle motion while stepping on counts 5-8 for a rumba movement

- 5 Right foot step forward
- 6 Left foot step forward
- 7 Right foot step forward
- 8 Left foot place next to right

- 9 Right foot step to right
- 10 Left foot place next to right
- 11 Right foot step to right
- 12 Left foot touch next to right

Move arms in a gentle cycle motion while stepping on counts 13-16 for a rumba movement

- 13 Left foot step back
- 14 Right foot step back
- 15 Left foot step back
- 16 Right foot place next to left

- 17 Left foot step to left
- 18 Right foot touch next to left
- 19 Right foot step to right
- 20 Left foot touch next to right
- 21 Left foot step to left
- 22 Right foot step behind left
- 23 Left foot $\frac{1}{4}$ turn to left
- 24 Right foot step forward

- 25 Pivot $\frac{1}{2}$ turn to left
- 26 Right foot $\frac{1}{4}$ turn left
- 27 Left foot step behind right
- 28 Right foot $\frac{1}{4}$ turn left

Raise left arm level at waist height raise right arm level at waist height

- 29 Left foot step forward
- 30 Right foot slide up to left
- 31 Left foot step forward
- 32 Right foot slide up to left

- 33 Left foot step forward
- 34 Right foot scuff side of left
- 35&36 Right shuffle forward

- 37&38 Left shuffle forward
- 39&40 Right shuffle sideways to line of dance facing inwards
41&42 Left shuffle sideways to line of dance facing outwards
- 43 Right foot step to right side
44 Left foot touch next to right

REPEAT

LADY'S STEPS

- 1 Right foot step to right
2 Left foot place next to right
3 Right foot step to right
4 Left foot touch next to right
- Move arms in a gentle cycle motion while stepping on counts 5-8 for a rumba movement**
- 5 Left foot step back
6 Right foot step back
7 Left foot step back
8 Right foot place next to left
- 9 Left foot step to left
10 Right foot place next to left
11 Left foot step to left
12 Right foot touch next to left
- Move arms in a gentle cycle motion while stepping on counts 13-16 for a rumba movement**
- 13 Right foot step forward
14 Left foot step forward
15 Right foot step forward
16 Left foot place next to right
- 17 Right foot step to right
18 Left foot touch next to right
19 Left foot step to left
20 Right foot touch next to left
21 Right foot step to right
22 Left foot step behind right
23 Right foot ¼ turn to right
24 Left foot step forward
- Lady drop right hand man drop left hand**
- 25 Pivot ½ turn to right
26 Left foot ¼ turn right
27 Right foot step behind left
28 Left foot ¼ turn right
Raise left arm level at waist height raise right arm level at waist height
- 29 Right foot step forward
30 Left foot slide up to right
31 Right foot step forward
32 Left foot slide up to right
- 33 Right foot step forward
34 Left foot scuff side of right
35&36 Left shuffle forward
37&38 Right shuffle forward

39&40 Left shuffle sideways to line of dance facing inwards
41&42 Right shuffle sideways to line of dance facing outwards
Both lady and man face each other and join hands
43 Left foot step to left side
44 Right foot touch next to left

REPEAT
