

Tango Lamento

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Michael Lynn (UK) - March 2010
音乐: Parachute (Buzz Junkies Radio Edit) - Cheryl : (3:35)



32 count intro, 124bpm.

RIGHT TOUCH-HOOK, RIGHT SHUFFLE, STEP-PIVOT 1/2 TURN RIGHT, SHUFFLE 1/2 TURN

1-2 Touch right toe forward, hook right across left knee,
3&4 Step forward right, close left beside right, step forward right,
5-6 Step forward left, pivot 1/2 turn right,
7&8 Step left 1/4 turn right, close right beside left, step left back 1/4 right.

BACK ROCK RECOVER, RIGHT KICK BALL CROSS, SLIDE 'N' DRAG, SAILOR 1/4 TURN LEFT

1-2 Back rock right, recover left,
3&4 Kick right to right diagonal, step right beside left, cross left over right,
5-6 Step right to right side dragging left,
7&8 Sweep left behind right making 1/4 turn left, step right beside left, step left to place.

SLIDE 'N' DRAG, FULL TURN UNWIND, STEP 1/2 TURN RIGHT

1-2 Step right to right side dragging left,
3 Cross left behind right,
4-5-6 Unwind full turn left (over 3 counts keeping weight on left)
7-8 Step forward right, 1/2 turn right stepping back on the left.

RIGHT COASTER STEP, STEP FORWARD 'N' DRAG, SYNCOPATED HEEL SWIVELS, RIGHT COASTER STEP

1&2 Step back right, step left beside right, step forward right,
3-4 Heal lead stepping left forward dragging right to meet left,
&5&6 Swivel both heels right (&), return to centre (5), swivel both heels left (&), return to centre (6)
7&8 Step back right, step left beside right, step forward right,

CROSS- LUNGE LINE, TANGO TWISTS, CROSS-LUNGE LINE, TANGO TWISTS

1-2 Cross left over right, bending left knee touch right to right side into a lunge line,
3&4 Drag right beside left as you rise (3), legs slightly bent twist sharply to the right (&) and twist back (4),
5-6 Cross left over right, bending left knee touch right to right side into a lunge line,
7&8 Drag right beside left as you rise (7), legs slightly bent twist sharply to the right (&) and twist back (8).

STYLING: Optional arms can be added to counts “&8” by way of both palms facing upwards above head in a flamenco style.

LEFT CROSS ROCK RECOVER, SHUFFLE 1/4 TURN LEFT, SYNCOPATED JAZZ BOX, CROSS, SLIDE

1-2 Cross rock left over right, recover right,
3&4 Step left to left side, close right beside left, step left 1/4 left,
5&6 Cross right over left, step left back, step right to right side,
7-8 Cross left over right (dipping knees slightly), large step right to right side.

ALT STEPS: Counts 3&4 can be replaced with a 1 & 1/4 triple turn left, stepping – left, right, left.

HEEL GRIND 1/4 LEFT TURN, LEFT COASTER, RIGHT TOE TOUCHES, STACATTO TANGO LINE

1-2 Touch left heel forward, grind 1/4 left taking weight onto right,
3&4 Step back left, step right beside left, step forward left,
5-6 Touch right toe forward, touch right toe to right side,

7&8 Hold for count (7), touch right beside left (&), touch right to right side (8).
STYLING: Optional head flick can be added on counts “&8”, looking sharply left and returning to the centre..

RIGHT ROCK RECOVER, SWEEPING ARCS x2, 1/4 TURN UPPITY HEELS

1-2 Rock forward right, recover left,
3-4 Slowly sweep right from front to back, placing weight onto right and dipping slightly on count 4,
5-6 Slowly sweep left from front to back, placing weight onto left and dipping slightly on count 6,
&7 Lift both heels up (&), 1/4 turn left and place heels back down (7),
&8 Lift both heels up (&), place heels back down (8) (keeping weight on left).

TAG (Danced on Wall 3 only)

CIRCLE WALK

1-4 Walk around over your left shoulder making a full turn (around an imaginary handbag!) forming a circle; stepping right, left, right, left.

CHOREOGRAPHER'S NOTE'S

TAG: After wall 3 add the 4 count tag and restart the dance again.

Alt Music 1: “Parachute (Album Version) (3:40)” by Cheryl Cole (4 count intro, 116bpm)

CD Album: “3 Words” by Cheryl Cole

Alt Music 2: “Parachute (Radio Mix) (3:29)” by Cheryl Cole (4 count intro, 118bpm)

CD Single: “Parachute” by Cheryl Cole

The dance can also be danced to the original album version on Cheryl's debut album “3 Words” and the radio mix on the “Parachute” cd single. It's slightly slower and great to use as a practice track and as a floor split for any other dances out there :) If using this version there is a TAGLET needed on wall 3. On Wall 3 dance upto count “30”, replace counts “31&32” with the following:

7&8 Step back left, step right 1/4 turn right, step forward left.

Then add the 4 count tag and restart the dance.
