Sundblad

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拍数: 64 墙数: 4 级数: Easy Intermediate 编舞者: Sebastiaan Holtland (NL) & Deborah Ellis - July 2010 音乐: Let's Dance - Linda Sundblad: (Album: Manifest 2010) 16 count intro (8 sec) Sec 1: 1-8 Long Step Fwd R, Touch, Hold, Long Step Fwd L, Touch, Hold, Jump Both Feet Apart, Hold, & Cross. Hold Step forward long on Rf, touch Lf beside Rf, HOLD (12:00) Step forward long on Lf, touch Rf beside Lf, HOLD Jump both feet apart (&5), HOLD Step Rf slightly back, cross Lf over Rf (&7), HOLD Sec 2: 9-16 Side Rock / Recover, 1/4 Turn R, Back Rock / Recover, 1/2 Pivot Turn L, 1/4 L, 1/2 L Rock Rf to the right, recover on Lf Making a 1/4 turn to right (3) and rock back on Rf, recover on Lf weight onto Lf Step forward on Rf, make a 1/2 turn to left (9) and take weight onto Lf Make a 1/4 turn to left (6) stepping Rf to right side, continue a 1/2 turn to left (12) and step Lf to the left weight onto Lf Sec 3: 17-24 Point Together, Point Together, 1/2 Monterey Turn R Point R toe to right, step Rf beside Lf Point L toe to left, step Lf beside Rf Touch R toe out to the right side, pivot 1/2 to right (6) and step Rf beside Lf Touch L toe out to the left side, step Lf beside Rf take weight onto both feet (6:00) Sec 4: 25-32 Jump Both Feet apart (slightly fwd), Hold, Jump Both Feet apart (slightly fwd), Hold, 1/2 Pivot L, Continue a 1/4 Turn L. Side Rock / Recover Jump both feet apart (&1) (slightly fwd), HOLD Jump both feet apart (&3) (slightly fwd), HOLD Step forward on Rf, make a 1/2 turn to left (12) take weight onto Lf Continue a 1/4 turn to left (9) and rock Rf to the right, recover on Lf ## 4 Count Tag Here ## Sec 5: 33-40 Kick, Cross, Back, Side, Lock Step Fwd, 1/4 Pivot Turn L Kick forward on Rf, cross Rf over Lf (9:00) Step back on Lf, and step Rf to the right weight onto Rf Step forward on Lf, lock Rf behind Lf, step forward on Lf weight onto Lf Step forward on Rf, making a 1/4 turn to left (6) and take weight onto Lf Sec 6: 41-48 Kick, Cross, Back, Side, Lock Step Fwd, 1/2 Pivot Turn L Kick forward on Rf, cross Rf over Lf (6:00) Step back on Lf, and step Rf to the right weight onto Rf Step forward on Lf, lock Rf behind Lf, step forward on Lf weight onto Lf Step forward on Rf, making a 1/2 turn to left (12) and take weight onto Lf Sec 7: 49-56 Jump Both Feet Apart, Hold, Ball Step, Hold, Jump Both Feet Apart, Hold, & Cross, Hold Jump both feet apart (&1), HOLD

Sec 8: 57-64 Rock / Recover, 1/2 Turn R, Lock step Fwd, 1/4 Turn R, Side Chasse, Back Rock / Recover

Step Rf slightly back, cross Lf over Rf (&7), HOLD ## Restart Here ##

Step Rf beside Lf, and step slightly forward on Lf, HOLD

Jump both feet apart (&5), HOLD

1-2	Rock forward on Rf, recover on Lf
3&4	Making a 1/4 turn to right (6) and step forward on Rf, lock Lf behind Rf, step forward on Rf weight onto Rf
5&6	Making a 1/4 turn to right (9) and step Lf to the left, step Rf beside Lf, step Lf to the left side weight onto Lf
7-8	Rock back on Rf, recover on Lf (9:00)

Restart: 2nd Wall after 56 count than Beginning again (facing 9 o'clock)

Tag: 5th Wall dance up to count 32 (facing 9 o'clock) after tag Restart (facing 12 o'clock) TAG: Long Step Fwd R, Touch, Hold, Long Step Fwd L, Touch, Hold

81-2 Step forward long on Rf, touch Lf beside Rf, HOLD Step forward long on Lf, touch Rf beside Lf, HOLD