

NC Forever!

拍数: 32 墙数: 2 级数: Easy Intermediate
编舞者: Simon Ward (AUS) & Niels Poulsen (DK) - December 2010
音乐: I Belong To You - Eros Ramazzotti & Anastacia : (Album: The Best of Anastacia
'Pieces of a dream')



Intro: 4 counts from first beat (app. 3 seconds into track). Start with weight on L.

** 4 restarts: After count 28& on wall 1 and 3, both times facing 6:00. After count 28& on wall 6 and 8, both times facing 12:00

Sequence: 28, 32, 28, 32, 32, 28, 32, 28, 24... Much easier than it looks! ;-)

Note: The intention with this dance has been to create a night club two step which is not too difficult and that you can dance as a floor-split to many of the harder NC 2's around.
This means that the 32 counts will fit any 32 count NC 2 dance... ;-))

[1 – 8] Basic R, ¼ R, ¼ R, cross, basic R, ¼ R, ¼ R, cross

1 Step R a big step to R side (1) 12:00
2&3 Close L behind R (2), cross R over L (&), turn ¼ R stepping back on L (3) 3:00
4&5 Turn ¼ R stepping R to R side (4), cross L over R (&), step R a big step to R side (5) 6:00
6&7 Close L behind R (6), cross R over L (&), turn ¼ R stepping back on L (7) 9:00
8& Turn ¼ R stepping R to R side (8), Cross L over R (&) 12:00

[9 – 16] ¼ R fw with sweep, jazz back, sweep with jazz, ¼ R, L cross rock, R cross rock

1 Turn ¼ R stepping onto R and sweeping L foot fw (1) 3:00
2&3 Cross L over R (2), step back on R (&), step L diagonally back L with R sweep fw (3) 3:00
4&5 Cross R over L (4), step back on L (&), turn ¼ R stepping R to R side with L sweep fw (5) 6:00
6&7 Cross rock L over R (6), recover back on R (&), step L to L side (7) 6:00
8& Cross rock R over L (8), recover back on L (&) 6:00

[17 – 24] Basic R, ¼ R back, close cross, basic R, ¼ R back, R back rock

1 Step R a big step to R side (1) 6:00
2&3 Close L behind R (2), cross R over L (&), turn ¼ R stepping L backwards (3) 9:00
4&5 Rock back on R (4), recover on L crossing L over R (&), step R a big step to R side (5) 9:00
6&7 Close L behind R (6), cross R over L (&), turn ¼ R stepping L backwards (7) 12:00
8& Rock back on R (8), recover weight fw to L (&) 12:00

[25 – 32] Fw R, step turn step, L full turn, R basic, L side rock, cross

1 Step fw on R (1) 12:00
2&3 Step fw on L (2), turn ½ R stepping fw onto R (&), step fw onto L (3) 6:00
4&5 Turn ½ L stepping back on R (4), turn ½ L stepping fw onto L (&), Step R to R side (5) OR non-turny option: walk fw R L on counts 4& 6:00
6&7 Close L behind R (6), cross R over L (&), Rock L to L side (7) 6:00
8& Recover weight to R (8), cross L over R (&) 6:00

Start again... and ENJOY!

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