

Rilassamento

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Anita Wittenberg - January 2010
音乐: Rilassamento - Gianni Pavesi



[1-6] Step Forward 4x, 1 ¼ Turn R In Place

- 1 LF Step forward
- 2 RF Step forward
- 3 LF Step forward
- 4 RF Step forward
- 5 LF ½ Turn R, step together (face 6.00)
- & RF ½ Turn R, step together (face 12.00)
- 6 LF ¼ Turn R, step together (face 3.00)

[7-12] Step Backwards 3x, Step Together, Step Forward, Cross Shuffle ½ Turn R

- 1 RF Step backwards
- 2 LF Step backwards
- & RF Step backwards
- 3 LF Step together
- 4 RF Step forward
- 5 LF ¼ Turn R, step left (face 6.00)
- & RF ¼ Turn R, cross over (face 9.00)
- 6 LF step backwards

[13-18] ½ Turn R, 1 1/8 Turn R, Twinkle

- 1 RF ½ Turn R, step forward
- 2 LF Touch together, start 1 1/8 turn R
- 3 End 1 1/8 turn R (face 4.30)
- 4 LF Step forward
- 5 RF 1/8 Turn L, step right (face 3.00)
- 6 LF 1/8 Turn L, step forward (face 1.30)

[19-24] Step Forward, Battema, ½ Turn L, Step Forward 4x

- 1 RF Step forward
- 2 LF Lift leg backwards
- 3 LF Touch together, ½ turn L (face 7.30)
- 4 LF Step forward
- 5 RF Step forward
- & LF Step forward
- 6 RF Step forward

[25-30] Step Forward, 1 ¼ Pirouette L, Step Forward 2x, ½ Turn R

- 1 LF Step forward
- 2 RF 1 ¼ Turn L, hitch with knee open
- 3 End 1 ¼ turn L (face 4.30)
- 4 RF Step forward
- 5 LF Step forward
- 6 RF ½ Turn R, weight change (face 10.30)

[31-36] Hitch And Cross Over 2x, ½ Turn L, 1/8 Turn R, Cross Shuffle ¼ Turn R

- 1 LF Hitch and cross over
- 2 RF Hitch and cross over

- 3 LF ½ Turn L, weight change (face 4.30)
- 4 RF Step forward
- 5 LF 1/8 Turn R, step left (face 6.00)
- & RF ¼ Turn R, cross over (face 9.00)
- 6 LF Step backwards

[37-42] ½ Turn R, 1 1/8 Turn R Lift L Leg, Step Backwards 2x, Touch Together

- 1 RF ½ Turn R, step forward (face 3.00)
- 2 LF Start 1 1/8 Turn R, lift backwards bended
- 3 Ending 1 1/8 turn (face 4.30)
- 4 LF Step backwards
- 5 RF Step backwards
- 6 LF Touch together

[43-48] 1/8 Turn L, Forward 2x, ½ Turn L, Step Forward, ¼ Turn L, Touch R, Step R, Touch Together

- 1 LF 1/8 Turn L, step forward (face 3.00)
- 2 RF Step forward
- 3 LF ½ Turn L, step forward (face 9.00)
- 4 RF ¼ Turn L, step right (face 6.00)
- 5 RF Slide together
- 6 LF Touch together

Diamond and higher are allowed to dance count 26 and 27 with the RF touched together.

Special Edit: please contact the WCDF Music Board
