

Turning Tables

拍数: 98 墙数: 2 级数: Advanced
编舞者: Michael Vera-Lobos (AUS) - May 2011
音乐: Turning Tables - Adele : (CD: Adele 21)



32 Count Intro – Just before Vocals

[1–9] ¼ R, Step Fwd L & ½ R, Step Fwd, Mambo R, Coaster L, Step Fwd & ½ R, ¼ R

1,2&3,4&5 Turning ¼ R Step fwd on R (3:00), Step fwd L & Pivot ½ R, Step fwd L (9:00), Rock fwd R & Rock back on L, Step back on R (9:00)

6&7,8&1 Step back on L & Step R beside L Step fwd on L, Step fwd R & Turning ½ R Step back on L, Turn ¼ R Ending with R to R side (6:00)

[10–17] Cross Rock & Replace, Step Side, Cross & ¼ R, ¼ R, Hip Sway L, R Triple Spin To L

2&3,4&5 Cross Rock L over R & Rock back on R, Step L to L side, Cross R over L & Turning ¼ R Step back on L, Turn a further ¼ R ending with R to R side (12:00)

6,7,8&1 Sway Hip to L, Sway Hip to R dragging L towards R, Full triple Spin to L side Stepping L,R,L (12:00)

[18–24] Cross Samba, Cross & ¼ L, ½ L, Step Fwd / Drag, Step Fwd & ½ Pivot R, Step Fwd

2&3,4&5 Cross R over L & Rock L to L, Replace wt on R, Cross L over R & turn ¼ L stepping back on R, Turn a further ½ L on L (3:00)

6,7&8 Step fwd R dragging L towards R, Step fwd L & Pivot ½ R, Step fwd L dragging R towards L (9:00)

[25–32] Full Triple Spin Fwd R, Rock Fwd, Replace, Coaster L, Step Fwd R, Pivot ¼ L

1&2,3,4 Full Triple Spin fwd R Stepping R,L,R, Rock fwd on L, Rock back on R (9:00)

5&6,7,8 Step back on L & Step R beside L, Step fwd on L (9:00), Step fwd R, Pivot ¼ L (Hesitate before next Step)

[33–44] Cross, Side, Rock Behind, Replace, Step Side, ½ Hinge L, Cross, Side, Rock Behind, Replace, Step Side, ½ Hinge L

Note: The next 12 counts are done in 2 sets of 6 steps. Slow down to match momentum of music

1-6 Cross R over L, Step L to L dragging R towards L, Rock R behind L, Rock fwd on L, Step R to R, Hinge ½ L ending with L to L side (12:00)

1-6 Cross R over L, Step L to L dragging R towards L, Rock R behind L, Rock fwd on L, Step R to R, Hinge ½ L ending with L to L side (6:00)

[45–52] Step Fwd, Step Fwd, ½ Pivot R, Slow Step Fwd L, Full Triple Fwd R, Step Fwd, ½ Pivot R

1-3, slow 4 Step fwd R, Step fwd L, Pivot ½ R, Slowly Step fwd L (12:00)

5&6,7,8 Full triple Spin Fwd R Stepping R,L,R, Step fwd L, Pivot ½ R (6:00) Hesitate for vocals

[53–60] Side Drag, Rock Behind & Replace, ¼ L, Coaster ¼ L Cross, Step Side & ½ Hinge, Step Fwd, ½ Pivot L

1,2&3 Step L to L dragging R towards L, Rock R behind L & replace wt on L, Turning ¼ L Step back on R (3:00)

4&5,6& Step back on L & Turning ¼ L Step R beside L, Cross L over R (12:00), Step R to R & Hinge ½ L ending with Wt on L to L side (6:00)

7,8 Step fwd on R, Pivot ½ L (End wt on L facing 12:00)

[61–69] Step Fwd R, Step Fwd L & Pivot ½ R, Step Fwd L, Full Triple Spin Fwd R, Hip Sway L,R, Full Triple Spin L

1,2&3 Step fwd R, Step fwd L & Pivot ½ R, Step fwd L (6:00)

Note: The following counts 4 to 7 are out of sync – Keep dancing, Counts will come back in on 8&1

- 4&5 Full triple Spin fwd R Stepping R,L,R (6:00)
- 6,7 Hip Sway L then R (6:00)
- 8&1 Full Triple Spin to L Stepping L,R,L (End facing Corner 5:00)

[70–76] Mambo Fwd R, ½ L & Step Fwd, Pivot ½ L, Full Triple Spin Fwd R, Step Back/Drag

- 2&3 Rock fwd R & Step back on L, Step back on R (5:00)
- 4&5 Turn ½ L on L & Step fwd R, Pivot ½ L (5:00)
- 6&7 Travel fwd – Full Triple Spin fwd R Stepping R,L,R (5:00)
- 8 Step back on L dragging R towards L (5:00)

[77–82] Travel Back – Sweep Back R, Sweep Back L, R Coaster Tap , Heel Drop, Heel Drop

- 1,2 Step back on R Sweeping L to L side, Step back on L Sweeping R to R side (5:00)
- 3&4 Step back on R & Step L beside R, Touch R toe fwd (5:00)
- 5,6 Drop R heel & Raise R heel whilst lowering head, Drop R heel & Raise R heel whilst lowering head (End wt on L facing 5:00)

[83–90] Cross Sweep, Cross Sweep, Step Fwd & ½ Pivot L, Step Fwd, Cross Sweep, Cross Sweep, Step Fwd & ½ Pivot R, Step Fwd

- 1,2 Travel fwd - Cross R over L Sweeping L to L side, Cross L over R Sweeping R to R side (5:00)
- 3&4 Step fwd R & Pivot ½ L, Step fwd R dragging L towards R (11:00)
- 5,6 Travel fwd – Cross L over R Sweeping R to R side, Cross R over L Sweeping L to L side (11:00)
- 7&8 Step fwd L & Pivot ½ R, Step fwd on L Dragging R towards L (5:00)

[91–98] Rock Fwd, Replace & Rock Back, Replace & Step Fwd, ½ Pivot L, Step Fwd, 3/8 Pivot L

- 1,2&3,4& Rock fwd R, Rock back on L & Stepping R beside L, Rock back on L, Rock fwd on R & Step L beside R (5:00)
- 5-8 Step fwd R, Pivot ½ L (11:00), Step fwd R, Pivot 3/8 L dragging R towards L (End facing 6:00)

RESTART: On Wall 3 Dance to count 32. Then Step R to R dragging L to wards R (Hold) Continue from Count 53

TO END: On Wall 4 Dance to count 20. Cross L over R & Turn ¼ L, Turn a further ¼ L, Step fwd R lower head

Choreographers Note: This was a song I just had to use. It may seem complicated at first but if you follow the hints in the music you will be able to master it. This would be one of the hardest tracks I have ever used – I hope you enjoy it..... MVL
