

What Are Words

拍数: 32 墙数: 2 级数: Intermediate NC
编舞者: Niels Poulsen (DK) - December 2011
音乐: What Are Words - Chris Medina



Intro: 16 counts from first beat in music (app. 17 secs into track). Weight fw on R.

[1 – 8] Sweep R, lock ½ R into R lunge, back L R, ½ L sweep, cross ½ into R basic, ¼ R

- 1 Step L a small step backwards sweeping R out to R side (1) 12:00
2&3 Lock R behind L (2), step onto L starting ½ R (&), complete ½ R stepping R fw into a big lunge step (3) 6:00
4&5 Recover back on L (4), step back on R (&), turn ½ L stepping fw on L and sweeping R fw (5) 12:00
6& Cross R in front of L (6), turn ¼ R stepping back on L (&) 3:00
7&8& Turn ¼ R stepping R a big step to R side (7), close L behind R (&), cross R over L (8), turn ¼ R stepping back on L (&) 9:00

[9 – 16] R back rock, ½ L into L back rock, full turn R, L cross, R basic, ¼ R X 2

- 1 Rock back on R (1) 9:00
2&3 Recover on L (2), turn ½ L stepping back on R (&), rock back on L (3) 3:00
4&5 Recover fw onto R (4), turn ½ R stepping back on L (&), turn ½ R stepping fw on R and sweeping L fw (5) 3:00
6&7& Cross L over R (6), step R a big step to R side (&), close L behind R (7), cross R over L (&) 3:00
8& Turn ¼ R stepping back on L (8), turn ¼ R stepping R to R side (&) 9:00

[17 – 24] L cross rock, side L, R cross rock, ½ R, step turn step, run run sweep 1/8 L, R jazz

- 1 Cross rock L over R and towards R diagonal (1) 10:30
2&3 Recover weight back on R (2), turn 1/8 L stepping L to L side (&), turn 1/8 L cross rocking R over L and towards L diagonal (3) 7:30
4&5& Recover weight back on L (4), turn ½ R stepping fw on R (&) (facing 1:30), step fw on L (5), turn ½ R stepping onto R foot (&) 7:30
6&7 Run fw on L (6), run fw on R (&), turn 1/8 L stepping fw on L and sweeping R fw (7) 6:00
8& Cross R over L (8), step back on L (&) 6:00

[25 – 32] R back rock, step turn, fw R, ½ R, R back rock, L full turn, R rock fw

- 1 Rock back on R (1) 6:00
2&3 Recover fw on L (2), step fw on R (&), turn ½ L stepping onto L (3) 12:00
4&5 Step fw on R (4), turn ½ R stepping back on L (&), rock back on R (5) 6:00
6&7 Recover on L (6), turn ½ L stepping back on R (&), turn ½ L stepping fw on L and sweeping R fw (7) 6:00
8 Rock fw on R and slightly over R (8) 6:00

Ending Start your 6th wall (facing 6:00) by doing the first 3 counts of the dance.

Then the beats in the music disappear but Chris Medina keeps singing. Hold your steps for 3 counts and then do the following to end facing 12:00. 12:00

Unwind and sweep full turn L, fw R, full spiral turn L, fw L, sweep R fw

- 7 – 8 Unwind ½ L stepping onto L (7), turn ½ L sweeping R fw (8) 12:00
1 – 3 Step fw on R (1), start doing a full spiral turn L on R foot (2),
4 – 5 Step fw on L (4), sweep R fw gently... Tadahh!!! 12:00