

Standing Still

拍数: 32 墙数: 2
编舞者: Gabriele Jasser - March 2012
音乐: Standing Still - Roman Lob



Start on vocals after 16 counts intro

Section 1: R Side, Hold, Behind, 1/4 Turn R, Step, 1/2 Turn R with Sweep, Behind, Side

1, 2 Step RF to right side, hold
3, 4 Cross LF behind RF, 1/4 turn right stepping forward on RF (3:00)
5, 6 Step LF forward, 1/2 turn right (keeping weight on LF!) sweeping RF from front to back (9:00)
7, 8 Step RF behind LF, small step LF to left side

Section 2: Cross, Hold, Recover, Side, Cross, Kick, Back, Close

1, 2 Cross RF over LF, hold
3, 4 Recover on LF, 1/8 turn right stepping RF forward (10:30)
5, 6 Step LF forward, kick RF to right diagonal (10:30)
7, 8 Step back on RF, turn 1/8 left and close LF beside RF (9:00)

Section 3: Step, Hold, Step 1/2 Turn Step, Hold, Full Turn Left

1, 2 Step forward on RF, hold
3, 4 Step forward on LF, 1/2 turn right (weight on RF) (3:00)
5, 6 Step forward on LF, hold
7, 8 1/2 turn left and step back with RF, 1/2 turn left and step forward on LF (3:00)

Option: Easy option for count 7, 8 of section 3 (full turn): Step RF, LF

Section 4: Step, Hold, 1/4 Turn R and Back, Side, Cross, Hold, Full Unwind R

1, 2 Step forward on RF, hold
3, 4 1/4 turn right and step back on LF (6:00), step RF to right side
5, 6 Cross LF over RF, hold
7, 8 Full unwind right over 2 counts, ending with weight on LF

Option: Easy option for counts 7, 8 of section 4 (full unwind):

Step RF to right side and sway right, sway to left side

Tag: This 4 count tag is necessary once after walls 2, 3, 5, 9 and twice after wall 7 – just listen to the music!!!

Sway, Hold, Sway, Hold

1, 2 Sway to right side, hold
3, 4 Sway to left side, hold

Ending: The music slows down at the end. Keep dancing through wall 10 until the unwind facing 12 o'clock.

Contact: www.jolly-dancers.de