

Distant Dreamer

拍数: 64 墙数: 1 级数: Improver
编舞者: Rene & Reg Mileham (UK) - July 2012
音乐: Distant Dreamer - Duffy : (CD: Rockferry)



Pop: 16 count intro

Section 1: Side, hold. Rock & rock . Repeat

1 – 2 Step right to side, hold
3 & 4 Rock left forward, rock back on right, Rock left forward
5 - 6 Step right to side, hold
7 & 8 Rock left forward, rock back on right, Rock left forward

Section 2: Forward rock, recover. 3 x Shuffles back.

1 – 2 Rock right forward, recover onto left
3 & 4 Right Shuffle back
5 & 6 Left Shuffle back
7 & 8 Right Shuffle back

Section 3: Side, behind, chasse

1 – 2 Step left to side, cross right behind left
3 & 4 Chasse left
5 – 6 Step right to side, cross left behind right
7 & 8 Chasse right

Section 4: Backward rumba box with holds

1 – 2 Step left to side, close right to left
3 – 4 Step left back, hold
5 – 6 Step right to side, close left to right
7 – 8 Step right forward, hold

Section 5: Rock fwd, hold. Back, back. Rock back, hold. Fwd, touch

1 – 2 Rock left forward, hold
3 – 4 Walk right back, walk left back
5 – 6 Rock right back, hold
7 – 8 Walk left forward, touch right next to left (weight on left)

Section 6: Shuffle ¼ turn x 4

1 & 2 Shuffle ¼ turn right , stepping forward right, left, right
3 & 4 Shuffle ¼ turn right , stepping forward left, right, left
5 & 6 Shuffle ¼ turn right , stepping forward right, left, right
7 & 8 Shuffle ¼ turn right , stepping forward left, right, left

Section 7: Slow Coaster x 2

1 – 2 Step back on right, step left beside right
3 – 4 Step forward left, hold
5 – 6 Step back on left, step right beside left
7 – 8 Step forward on left, hold

Section 8: Backward rumba box with holds

1 – 2 Step right to side, close left to right
3 – 4 Step right back, hold

5 – 6 Step left to side, close right to left
7 – 8 Step left forward, hold

Music slows right down near end of track (during Section 6.)

Finish dancing Section 6 and you can either end the dance there – or just sway with the music until it stops.
