

Reincarnation

拍数: 32 墙数: 4 级数: Beginner
编舞者: Kathryn Sloan (AUS) - August 2012
音乐: Gonna Come Back As a Country Song - Alan Jackson : (Album: Thirty Miles West)



Starts 24 counts in - with weight on left. - No tags or restarts

[1 – 8] Step back, heel, step back, heel, step back, heel, step back, heel

1, 2,3,4 Step back on R, present L heel forward at 45°, step back on L, present R heel forward at 45°
5,6,7,8 Step back on R, present L heel forward at 45°, step back on L, present R heel forward at 45°

[9 – 16] Shuffle forward R, shuffle forward L, pivot ¼, stomp, hold/clap

1&,2,3&4 Step R forward, step L behind R, step R forward, Step L forward, step R behind L, step L forward
5,6,7,8 Step R forward, pivot left 90° (weight on L), stomp up R (no weight), hold and clap

[17- 24] Step, scuff , step, scuff, step, scuff, step, scuff

1,2,,3,4 Step R forward, scuff L, step L forward, scuff R
5,6,7,8 Step R forward, scuff L step L forward , scuff R

[25 -32] Back, back , back, back, reverse rocking chair

1,2,3,4 Step R back, step L back, step R back, step L beside R
5,6,7,8 Rock back on R, replace weight to L, rock forward on R, replace weight to L

Repeat

The music lends itself to a number of Restarts, but to keep it at the beginner level. It is danced without any, and returns to phrasing.

This dance is dedicated to my friend Mathew Byrnes.

To support Matty and other children with Cystic Fibrosis you can donate to the CF Centre at Westmead Hospital at :-

<http://www.chw.edu.au/about/fundraising/donate.htm>

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