

Skyfall

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Val Parry (UK) - October 2012
音乐: Skyfall - Adele



INTRO – 32 Counts Starts on Main Vocals

Forward Rock, Full turn back, back back cross x2, ¾ turn

1-2 & Forward Rock on Left, Recover on Right, Close Left to Right (&)
3-4 Turn ½ right stepping forward on Right, Turn ½ right stepping back on Left
&5 Step back on Right, Step Back on Left,
6&7& Cross Right over Left, Step back on Left, Step back on Right, Cross Left over Right,
8& Turn ¼ left stepping back on Right, Turn ½ left stepping forward on Left [3]

¼ Side rock cross, Side rock cross, Side drag and cross, Side rock

1-2& Turn ¼ left rocking Right to right side, Recover on Left, Cross Right over Left, [12]
3-4& Rock Left to left side, Recover weight on Right, Cross Left over Right
5-6& Long Step to right, drag Left to Right, Take weight on Left
7-8& Cross Right over Left, Rock Left to left side, Recover weight on Right *** [12]

*** Restart Here WALL 4

Mambo ¼,, Pivot full turn, Coaster Cross, Turn ¼, Step back, Back Rock

1 – 2& Rock forward on Left, Recover on Right, Turn ¼ Left stepping forward on Left (&), [9]
3&4& Step forward on Right, Pivot ½ left, Turn ½ stepping back on Right, Step back on Left
5-6& Step back on Right, Step together on Left, Cross Right in front of Left
7- 8& Turn ¼ Right stepping Left back, Rock back on Right, Recover on Left [12]

Turn ½, Back rock ½, Run around ½ turn, Run forward 2, Rocking Chair

1-2&3 Turn ½ left stepping back Right, Rock back on Left, Recover on Right, Turn ½ right stepping
back on Left
4 & 5 Run around ½ turn right stepping Right, Left, Right,
6 & Run forward Left Run
7&8& Rock forward on Left, Recover on Right, Rock back on Left, Recover on Right [6]

**** There is ONE RESTART on WALL 4

ENDING - The dance finishes on the back wall on count 32 – To finish front Step forward on Left, Cross Right over Left and slowly unwind to the front

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