

Hear That Banjo

拍数: 32 墙数: 4 级数: Higher Improver
编舞者: Peter Davenport (ES) - November 2012
音乐: Banjo - Rascal Flatts : (CD: Changed)



16 Count Intro, Start on Vocals, Track length 4.17

Sequence of dance:- 32,32,32,12, tag, restart, 16, tag*, restart, 32,32,12, tag*, restart 32,32, done

Rock Replace, Coaster step, ½ Twist x2, Back Coaster step

1,2 Rock forward on R, Recover on L
3&4 Step R Back, Bring L to R, Step R forward
5,6 Twist body ½ turn L, Twist body ½ turn R, (weight remaining on L)
7&8& Step R back, Bring L to R, Step R forward, Bring L to R (quickly)

Side Rock, Behind Side Cross, Step ½ Turn R, Full turn R

1,2 Rock R to R side, Recover on L
3&4 Step R behind L, Step L to L side, Cross R over L*
Tag Wall 4/8 on counts 3&4& quickly bring to R, and Restart the dance
5,6 Step L forward, Pivot ½ turn R
7,8 Make ½ turn R stepping back on L, Make ½ turn R step forward R*

Tag Wall 5, on counts 7.8& quickly bring L to R, and Restart the dance

Touch Twist Heels, Sailor ¼ Turn L, Mambo ½ Turn R, Rock & Together

1&2 Touch L toe forward, Twist both heels L & R (weight remains on R)
3&4 Sweep step ¼ step back on L, Step R to R side, Step L forward
5&6 Rock forward on R, Recover on L, Make ½ R step forward on R
7&8 Rock forward on L, recover on R, Bring L to R (weight remains on L)

For styling only, as you bring L to R, rest both hands just above knees, lean forward with top half of your body, and push your bum out at the same time, this gives the impression you are being l'll, as in The lyrics, If you do not wish to take part in this step, just do rock & together, Ta,

Cross & Heel x 2 & Cross & Cross x 3 ½ Turn L Step

1&2& Cross R over L, Step Back on L, Touch R heel forward, Step R down
3&4& Cross L over R, Step Back on R, Touch L heel forward, Step L down
5&6& Cross R over L, Step L to L, Cross R over L Step L to L
7,8 Cross R over L, Unwind ½ turn L step down on L

Notes:- As this is a long track, you may want to wind it down after 3 ½ min's once you have got it !!!

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