

Skyfall

拍数: 64 墙数: 2 级数: Improver
编舞者: Suzanne Edwards (UK) - April 2013
音乐: Skyfall - Adele : (iTunes - 4:46)



Start on vocals on 'is' (33 counts)

Section 1: Nightclub basic R & L, walk, walk, rock & pivot ½ turn right, step

1 & 2 Step long step Right to right side, cross rock Left behind right, recover on Left
3 & 4 Step long step Left to left side, cross rock Right behind left, recover on Right
5 – 6 Walk forward Right, walk forward Left
7&8& Rock forward on Right, recover on Left, Pivot ½ turn Right stepping forward on right, step forward Left. [6 o'clock]

Section 2: Nightclub basic R & L, walk, walk, rock & pivot ½ turn right, step

1 & 2 Step long step Right to right side, cross rock Left behind right, recover on Left
3 & 4 Step long step Left to left side, cross rock Right behind left, recover on Right
5 – 6 Walk forward Right, walk forward Left
7&8& Rock forward on Right, recover on Left, Pivot ½ turn Right stepping forward on right, step forward Left. [12 o'clock]

****R** Wall 4**

Section 3: Long step ¼ turn left, drag touch left beside right, long step left, drag right to left, cross, back, back, lock, back, sweep

1 – 2 Step long step Right making ¼ turn left, drag left foot to touch beside right (9 o'clock)
3 - 4 Step long step Left to side, drag right foot towards left
5 – 6 Cross right in front of left, step back left
7&8& Step back right, lock left in front of right, step back right, sweep left around to left

Section 4: Sailor step ¼ turn left, rock forward and back with hip sways, rock & cross, side, behind, side, cross, recover.

1 & 2 Step back left making ¼ turn left, step right beside left, step left forward.(6 o'clock)
3 – 4 Rock forward on right pushing hips forward, rock back on left pushing hips back.
5&6& Step right to right side, step left beside right, cross right in front of left, step left to left side.
7&8& Step right behind left, step left to left side, cross right in front of left, recover on left.

****R** Restart Wall 4**

Dance up to and including Counts 7&8& in Section 2,
Then Restart from beginning (12 o'clock)

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