

Seven Spanish Angels (P)

拍数: 68 墙数: 0 级数: Intermediate Partner
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音乐: Seven Spanish Angels - Heidi Hauge



Closed Western Position / Intro 20 counts
Man facing L.O.D. and woman facing R.L.O.D.

The steps for the man and woman are the same, unless indicated

Sequence display : 68 - 64 - 20 - 68 - 68 - 64

[1-8] M : Step, Point, Shuffle Back, Back Rock Step, Shuffle Fwd,
[1-8] W : Back, Back Toe Point, Shuffle Fwd, Rock Step, Shuffle 1/2 Turn,

1-2 M : LF forward - Point RF next to LF

1-2 W : RF back - Point LF back

3&4 M : Shuffle back RF, LF, RF

3&4 W : Shuffle forward LF, RF, LF

5-6 M : Rock LF back – return on RF

5-6 W : Rock RF forward – return on LF

Raise right hands, the woman turns under the raised hands

7&8 M : Shuffle forward LF, RF, LF

7&8 W : Shuffle RF, LF, RF, 1/2 turn to the right

Man behind woman, facing L.O.D.

[9-16] M : Walk, Walk, Shuffle Fwd, Cross Rock Step, Chasse To Left,

[9-16] W : 1/2 Turn, 1/2 Turn, 1/2 Turn And Shuffle Back, Back Cross Rock Step, Chasse To Right,

1-2 M : RF forward - LF forward

1-2 W : 1/2 turn to the right and LF behind - 1/2 turn to the right and RF forward

3&4 M : Shuffle forward RF, LF, RF

3&4 W : 1/2 turn to the right and Shuffle back LF, RF, LF

Closed Western Position, man facing L.O.D. and woman facing R.L.O.D.

5-6 M : Forward Cross Rock step LF over RF - Return on RF

5-6 W : Back Cross Rock step RF behind LF - Return on LF

7&8 M : Chasse LF, RF, LF, sideways, to the left

7&8 W : Chasse RF, LF, RF, sideways, to the right

[17-24] M : Cross Rock Step, Side Shuffle, Walk, Walk, Shuffle Fwd,

17-24] W : Back Cross Rock Step, Side Shuffle, Back, Back, Shuffle Back,

1-2 M : Cross Rock step RF over LF – Return on LF

1-2 W : Back Cross Rock step LF behind RF - Return on RF

3&4 M : Chasse RF, LF, RF, sideways, to the right

3&4 W : Chasse LF, RF, LF, sideways, to the left

Restart at this point of the dance (see the sequence at top of page)

5-6 M : LF forward - RF forward

5-6 W : RF back - LF back

7&8 M : Shuffle forward LF, RF, LF

7&8 W : Shuffle back RF, LF, RF

[25-32] M : Behind, Side, Triple Step, Behind, Side, Triple Step,

[25-32] W : Side, Behind, Triple Step, 1/4 Turn, 1/4 Turn, Triple Step,

1-2 M : Cross RF behind LF, LF to the left

1-2 W : LF to the left - Cross RF behind LF

3&4 M : Triple Step RF, LF, RF, in place

3&4 W : Triple Step LF, RF, LF, in place

Right hand in right hand, right shoulder to right shoulder

Man facing L.O.D. and woman facing R.L.O.D.

The woman passes under the right arms

5-6 M : Cross LF behind RF - RF to the right

5-6 W : RF 1/4 turn to the right - 1/4 turn to the right and LF behind

7&8 M : Triple Step LF, RF, LF, in place

7&8 W : Triple Step RF, LF, RF, in place

Man behind woman, facing L.O.D. with out-stretched arms

[33-40] M : Walk, Walk, Shuffle Fwd, Walk, Walk, Shuffle Fwd,

[33-40] W : 1/2 Turn, 1/2 Turn, Shuffle Fwd, 1/2 Turn, 1/2 Turn, Shuffle Fwd,

Raise hands in Tulip position

1-2 M : RF forward - LF forward

1-2 W : 1/2 turn to the right and LF back - 1/2 turn to the right and RF forward

Man behind woman, facing L.O.D. with out-stretched arms

3&4 M : Shuffle forward RF, LF, RF

3&4 W : Shuffle forward LF, RF, LF

Raise hands in Tulip position

5-6 M : LF forward - RF forward

5-6 W : 1/2 turn to the left and RF back - 1/2 turn to the left and RF forward

Indian Position, facing L.O.D. man behind woman

7&8 M : Shuffle forward LF, RF, LF

7&8 W : Shuffle forward RF, LF, RF

[41-48] Side, Together, Shuffle Fwd, Side, Together, Shuffle Fwd,

1-2 M : RF to the right - LF next to RF

1-2 W : LF to the left - RF next to LF

Reversed Sweetheart Position, facing L.O.D. man to exterior of circle

3&4 M : Shuffle forward RF, LF, RF

3&4 W : Shuffle forward LF, RF, LF

Man passes behind the woman

5-6 M : LF to the left - RF next to LF

5-6 W : RF to the right - LF next to RF

Sweetheart Position, facing L.O.D.

7&8 M : Shuffle forward LF, RF, LF

7&8 W : Shuffle forward RF, LF, RF

[49-56] Step, Side Point, Shuffle Fwd, Rock Step, Shuffle 1/2 Turn,

1-2 M : RF forward - Point LF to the left

1-2 W : LF forward - Point RF to the right

3&4 M : Shuffle forward LF, RF, LF

3&4 W : Shuffle forward RF, LF, RF

5-6 M : Rock forward on RF – Return on LF

5-6 W : Rock forward on LF – Return on RF

7&8 M : Shuffle RF, LF, RF, 1/2 turn to the right

7&8 W : Shuffle LF, RF, LF, 1/2 turn to the left

Double Cross Hand Hold Position, facing R.L.O.D. right hands on top

[57-64] M : Rock Step, Shuffle 1/2 Turn, Walk, Walk, Shuffle Fwd,

[57-64] W : Rock Step, Shuffle 1/2 Turn, 1/2 Turn, Back, Shuffle Back,

1-2 M : Rock Step LF forward – Return on RF

1-2 W : Rock Step RF forward – Return on LF

3&4 M : Shuffle LF, RF, LF, 1/2 turn to the left

3&4 W : Shuffle RF, LF, RF, 1/2 turn to the right

Double Cross Hand Hold Position facing L.O.D.

Raise hands, the woman turns under the raised hands,

5-6 M : RF forward - LF forward

5-6 W : 1/2 turn to the right and LF back - RF back

Return to the Closed Western Position at the start

7&8 M : Shuffle forward RF, LF, RF

7&8 W : Shuffle back LF, RF, LF

Restart at this point of the dance (see the sequence at top of page)

[65-68] M : Step, Point, Shuffle Fwd.

[65-68] W : Back, Touch, Shuffle Back.

1-2 M : LF forward - Point RF next to LF

1-2 W : RF back - Point LF next to RF

3&4 M : Shuffle forward RF, LF, RF

3&4 W : Shuffle back LF, RF, LF

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