

Elenore

拍数: 128 墙数: 2 级数: Intermediate
编舞者: Chris Jackson (UK) - September 2013
音乐: Elenore - The Turtles : (Album: 'Elenore' - iTunes.)



8-count intro. No tags/restarts.

SECTION 1: TOE STRUT, KICK-BALL-CHANGE, STEP, TURN, CROSS, POINT

- 1,2,3&4 Step forward on left toe, bring left heel down, kick right forward, step right next to left, step left next to right
- 5,6,7,8 Step forward on right, pivot a quarter turn left, cross right over left, point left toe to left side (9.0)

SECTION 2: BEHIND, POINT, BEHIND-SIDE-CROSS, ROCK, RECOVER, CROSS, TOGETHER

- 1,2,3&4 Step left behind right, point right toe to right side, right behind left, left to left side, cross right over left
- 5,6,7,8 Rock left to left side, recover on right, cross left over right (angle toes slightly to right), right next to left

SECTION 3: HEELS/TOES, KICK-BALL-CHANGE, PADDLE A QUARTER, PADDLE A QUARTER

- 1,2,3&4 With weight on toes - swivel heels to the right, with weight on heels - swivel toes to the right, kick left forward, left next to right, right next to left
- 5,6,7,8 Step forward left, push round a quarter turn right swaying hips out to the left as you turn, step forward left, push round a quarter turn right swaying hips out to the left as you turn (3.0)

SECTION 4: ROCK/RECOVER, CHASSE LEFT, ROCK/RECOVER, CHASSE A QUARTER

- 1,2,3&4 Cross rock left over right, recover on right, left to left side, right next to left, left to left side
- 5,6,7&8 Cross rock right over left, recover on left, right to right side, left next to right, make a quarter turn right stepping forward on right (6.0)

SECTIONS 5-8: ARE A REPEAT OF SECTIONS 1-4, BEGINNING FACING 6.0, ENDING FACING 12.0

SECTION 9: HALF, HALF, SHUFFLE LEFT, ROCKING CHAIR

- 1,2,3&4 Moving forward – make a half turn right stepping back on left, make a half turn right stepping forward on right
- (easy version for Steps 1,2 – walk forward left, walk forward right), forward left, right next to left, forward left
- 5,6,7,8 Rock forward on right, recover on left, rock back on right, recover on left

SECTION 10: STEP, TURN, CROSS, HOLD, SIDE-BEHIND, SIDE-IN-FRONT, SIDE, ROCK/RECOVER

- 1,2,3,4 Step forward right, pivot a quarter turn left, cross right over left, hold for 1 count
- &5,&6, Left to left side, right behind left, left to left side, cross right over left, left to left
- &7,8 side, rock back on right, recover on left (9.0)

SECTION 11: ROCK, RECOVER, CROSS, UP-DOWN, ROCK, RECOVER, CROSS, UP-DOWN

- 1,2,3&4 Rock right to right side, recover on left, cross right over left, bounce heels up/down
- 5,6,7&8 Rock left to left side, recover on right, cross left over right, bounce heels up/down

SECTION 12: QUARTER, QUARTER, CROSS SHUFFLE, ROCK TURN, SHUFFLE LEFT

- 1,2,3&4 Make a quarter turn left stepping back on right, make a quarter turn left stepping left to left side, cross right over left, left to left side, cross right over left
- 5,6,7&8 Rock left to left side, make a quarter turn right as you recover on right, forward left, right next to left, forward left (6.0)

SECTIONS 13-16 MIRROR THE STEPS IN SECTIONS 9-12, BEGINNING FACING 6.0, ENDING FACING

12.0

SECTION 13: HALF, HALF, SHUFFLE RIGHT, ROCKING CHAIR

- 1,2,3&4 Moving forward – make a half turn left stepping back on right, make a half turn left stepping forward on left, forward right, left next to right, forward right
- 5,6,7,8 Rock forward on left, recover on right, rock back on left, recover on right

SECTION 14: STEP, TURN, CROSS, HOLD, SIDE-BEHIND, SIDE-IN FRONT, BACK ROCK

- 1,2,3,4 Step forward left, pivot a quarter turn right, cross left over right, hold for 1 count
- &5,&6, Right to right side, left behind right, right to right side, cross left over right, right
- &7,8 to right to right side, rock back on left, recover on right (3.0)

SECTION 15: ROCK, RECOVER, CROSS, UP-DOWN, ROCK, RECOVER, CROSS, UP-DOWN

- 1,2,3&4 Rock left to left side, recover on right, cross left over right, bounce heels up/down
- 5,6,7&8 Rock right to right side, recover on left, cross right over left, bounce heels up/down

SECTION 16: QUARTER, QUARTER, CROSS SHUFFLE, ROCK TURN, SHUFFLE RIGHT

- 1,2,3&4 Make a quarter turn right stepping back on left, make a quarter turn right stepping right to right side, cross left over right, right to right side, cross left over right
- 5,6,7&8 Rock right to right side, make a quarter turn left as you recover on left, forward right, left next to right, forward right (12.0)

SECOND REPETITION: REPEAT ALL FROM SECTION 1

THIRD REPETITION: REPEAT FROM SECTION 9 and dance up to end of Section 12 (6.0), then step forward right (weight on right) and make a half turn left over a count of 3 to face the front.

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