

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.

Contact: floorshakers@btinternet.com
