

Golden

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Chris Jackson (UK) - January 2014
音乐: Golden - Lady A : (Album: 'Golden' - iTunes)



32-count intro - Start on vocals.

SECTION 1: LONG STEP RIGHT, BACK ROCK, LONG STEP LEFT, BEHIND, QUARTER, STEP/TURN, STEP, QUARTER, BEHIND, SIDE, CROSS ROCK, STEP HALF TURN LEFT

- 1,2&3 Long step right to right side, rock back left behind right, recover on right, long step left to left side
- 4&5 Right behind left, step forward left a quarter turn left, step forward right taking weight forward on right and push round a half turn left (3.0)
- 6&7&8&1 Step forward left, make a quarter turn left stepping right to right side*, left behind right, right to right side, cross rock left over right, recover on right, make a half turn left stepping forward on left (6.0)

SECTION 2: STEP-LOCK-STEP, STEP-TURN-TURN/RONDE, BEHIND, SIDE, CROSS, SIDE ROCK, STEP, FORWARD FULL TURN LEFT

- 2&3 Step forward right, lock left behind right, step forward right
- 4&5 Step forward left, pivot a half turn right, keep turning right completing a full turn right stepping back on left and ronde right from front to back (6.0)
- 6&7&8&1 Right behind left, left to left side, cross right over left, rock left to left side, recover on right, step forward left, step forward on right toe making a half turn left, hitch left knee and make another half turn left to complete a full pencil turn on right toe

(easier option for full turn left – Step forward right)

SECTION 3: SHUFFLE LEFT, STEP-TURN-CROSS, QUARTER, QUARTER, CROSS ROCK, SIDE ROCK, TOUCH/UNWIND

- 2&3 Step forward left, step right next to left, step forward left**
- 4&5 Step forward right, pivot a quarter turn left, cross right over left
- 6&7&8&1 Make a quarter turn right stepping back on left, make a quarter turn right stepping right to right side, cross rock left over right, recover on right, rock left to left side, recover on right, touch left behind right/unwind a three-quarter turn left (12.0)

SECTION 4: ROCK-TURN-STEP, FULL-TURN-STEP, STEP-TURN-CROSS, ROCK AND CROSS

- 2&3 Make a quarter turn left and rock right to right side, recover on left, step forward right (9.0)
- 4&5 Make a half turn right stepping back on left, make a half turn right stepping forward on right, step forward left

(easier option for steps 4&5 – Shuffle forward left-right-left)

- 6&7&8& Step forward right, pivot a quarter turn left, cross right over left, rock left to left side, recover on right, cross left over right

**TAG/RESTART: *On Wall 3 only, dance up to Steps 6& [right to right side] (12.0) and touch left behind right and unwind a full turn over your left shoulder (weight stays on left) /Start the dance again.
(Easier option – Step left behind right and hold/Start the dance again)**

ENDING: **Dance through the slowing down of the song to end dance after the Shuffle left that follows the pencil turn (12.0).

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