

In The Chamber

拍數: 64 牆數: 4 級數: Phrased Novice
編舞者: Evelyne Sterckendries (BEL) - November 2014
音樂: The Chamber - Lenny Kravitz : (Album: Strut)



Type : Phrased, A-32 counts, B-32 counts, Non-Country
Sequence : A-B-B-B-A*-B-B-B-B-A-A-B-B-B-A-A-A

Introduction : 32 counts

-A- 32 counts

[1-8] Diagonal R Shuffle , Diagonal L Shuffle, L Vaudeville , R Vaudeville

1&2 1/8 turn R, RF diagonally forward, LF next to R, RF diagonally forward (01:30)
3&4 1/4 turn L, LF diagonally forward, RF next to L, LF diagonally forward (10:30)
5&6 Cross RF front LF, LF step L, R Heel on R diagonal
&7&8 RF step R, Cross LF front RF, RF step R, L Heel on L diagonal

[9-16] Shuffle ½ turn L, Shuffle ½ turn L, L Sailor step , R Heel grind , 1/4 Turn R, Step L together

1&2 ¼ turn L, LF step L, RF next to R, ¼ turn L, LF step forward (06:00)
3&4 ¼ turn L, RF step R, LF next to R, ¼ turn L, RF backwards (12:00)
5&6 LF cross behind RF, RF step R, LF step L
7-8 R Heel grind forward, 1/4 turn R, LF step L (03:00)

[17-24] Chassé R, Syncopated Weave R, Rock Side R Recover, Syncopated Weave L

1&2 RF step R, LF together, RF step R
3&4 LF behind RF, RF step R, LF cross front RF
5-6 RF side R, recover on LF
7&8 RF behind LF, LF step L, RF cross front LF

[25-32] Chassé L, Syncopated Weave L, Rock Side L Recover, Syncopated Weave R with ¼ turn R, cross L

1&2 LF step L, RF together, LF step L
3&4 RF behind LF, LF step L, RF cross front LF
5-6 LF side L, recover on RF
7&8 LF behind RF, 1/4 turn R, RF step forward, LF cross front RF (06:00)

-B- 32 counts

[1-8] Chassé R, Rock Back L Recover, Chassé L, Rock Back R Recover

1&2 RF step R, LF together, RF step R (06:00)
3-4 LF back, recover on RF
5&6 LF step L, RF together, LF step L
7-8 RF back, recover on LF

[9-16] Kick ball step R x2, Step R, turn 1/4 L, Shuffle R forward

1&2 Kick RF diagonally forward, RF together, LF step forward
3&4 Kick RF diagonally forward, RF together, LF step forward
5-6 RF side step, 1/4 turn L, LF step forward (03:00)
7&8 RF step forward, LF next to R, RF step forward

[17-24] Rock L forward, Recover, Coaster step, Step turn ½ L, Shuffle R forward

1-2 LF step forward, recover on RF
3&4 LF backwards, RF together, LF forward
5-6 RF step forward, 1/2 turn L (09:00)
7&8 RF step forward, LF next to R, RF step forward

[25-32] Rock L forward, Recover, Sailor step L, Sailor step R, L Touch back , Turn ½ L on R feet.

1-2 LF step forward, recover on RF

3&4 LF cross behind RF, RF step R, LF step L

5&6 RF cross behind LF, LF step L, RF step R

7-8 LF touch back, 1/2 turn L on RF, weight ends on LF (03:00)

- A* : Restart : On wall 5 (12:00) and after 16 counts of part A

- Bridge : At the end of wall 10 (06:00) : Spiral Turn R : 1-2-3-4 : Full Turn on R with weight on LF (ends RF in front of LF)

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