

Glitter & Gold

拍數: 42 牆數: 4 級數: Intermediate
編舞者: Kate Sala (UK) - March 2015
音樂: Glitter & Gold - Rebecca Ferguson



Intro: 8 counts.

S1: Side Rock Right, Weave Left, Tap out, In, Step Left, Sailor 1/4 Turn Right.

1 2 Side rock out on R to right side. Recover on to L.
3 & 4 Cross step R behind L. Step L to left side. Cross step R over L.
5 & 6 Tap L toe out to left side. Tap L toe next to R instep. Step L out to left side.
7 & 8 Cross step R behind L. Turn 1/4 right stepping L to left side. Small step forward on R. 3:00

S2: Tap R Forward Bumping Hips, Syncopated Rocking Chair, Forward Lock Step, Start Jazz Box.

1 & 2 Tap L toe forward bumping L hip forward, back, forward taking weight forward on to L.
(Restart 1)
3 & 4 & Rock forward on R. Recover on to L. Rock back on R. Recover on to L.
5 & 6 Step forward on R. Lock step L behind R. Step forward on R.
7 8 Cross step L over R. Step back on R.

S3: Complete Jazz Box, Syncopated Taps Forward L, R, Step Pivot 1/2 Turn Right, Triple Full Turn.

1 2 Step L out to left side. Step forward on R.
3 & 4 & Tap L toe forward. Step L next to R. Tap R toe forward. Step R next to L.
5 6 Step forward on L. Pivot 1/2 turn right. 9:00
7 & 8 Turn 1/2 right stepping back on L. Turn 1/2 right stepping forward on R. Step forward on L.
9:00

S4: Step Pivot 1/2 Turn Left, Step 1/2 Turn Right Stepping Back, Step, Cross Rock, Sweep, Sailor Step.

1 2 Step forward on R. Pivot 1/2 turn left.
3 & 4 Step forward on R. Turn 1/2 right stepping back on ball of left. Step forward on R. 9:00
5 6 Cross rock on L over R. Recover on to R sweeping L out to left side.
7 & 8 Cross step L behind R. Step R to right side. Step L to left side.

S5: Hip Roll, Ball Step Left, Cross Step, Unwind Full Turn Left, Side Rock Recover Cross, Side Kick Ball Step.

1 & 2 Roll hips anti-clockwise. Step ball of R next to L. Step L to left side.
3 4 Cross step R over L. Unwind full turn left taking weight on L. (Restart 2) 9:00
5 & 6 Side rock on R out to right side. Recover on to L. Cross step R over L.
7 & 8 Low kick L out to left side. Step ball of L next to R. Step R out to right side.

S6: Touch Left Behind, Unwind 1/2 Turn Left.

1 2 Touch L toe behind R. Unwind 1/2 turn left taking weight on L. 3:00

Start Again Enjoy

Restarts: -

Restart 1 - During wall 3 Restart after count 10. Facing 9 o'clock.

Restart 2 - During wall 6 Restart after count 36. Facing 12 o'clock.