Spellbound

拍數: 48

級數: Improver waltz

編舞者: Judy Rodgers (USA) - July 2015

音樂: It's a Man's Man's Man's World - Etta James

Alt. music: Under Your Spell by Ana Victoria

Intro: It's a Man's Man's World(start on the word 'world')
Intro: Under your Spell24 counts (start on the word 'spell')

S1: Coaster step, step, sweep, cross, side, behind, turn ¼ step, point, hold

- 1-3 Step R back, step L beside R, step R fwd
- 4-6 Step L fwd, sweep R from back to front over 2 counts
- 1-3 Cross R over L, step L to left side, step R behind L
- 4-6 Turn ¼ left step L fwd, point R to right side, hold□□9:00

(Turn upper body to left, prepping for right turn)

S2: Turn ¼ turn ½ turn ½, step, sweep, cross, turn ¼, turn ¼, step, point, hold

- 1-3 Turn ¼ right step R fwd, turn ½ right step L back, turn ½ right step R fwd 12:00
- 4-6 Step L fwd, sweep R from back to front over 2 counts
- 1-3 Cross R over L, turn ¼ right step L back, turn ¼ right step R to side 6:00
- 4-6 Step L fwd, point R fwd/side to right side, hold

S3: Cross, point, hold, sailor turn 1/2, step, pivot 1/4, cross, step, drag, touch

- 1-3 Cross R over L, point L fwd to left side, hold
- 4-6 Turn 1/2 left step L behind R, step R to side, step L to side 12:00
- 1-3 Step R fwd, pivot ¼ left, cross R over L□□□ 9:00
- 4-6 Step L to left side, drag R to L, touch R beside L

S4: Back sweep, back sweep, coaster step, step, point, hold

- 1-3 Step R back, sweep L from front to back over 2 counts
- 4-6 Step L back, sweep R from front to back over 2 counts
- 1-3 Step R back, step L beside R, step R fwd
- 4-6 Step L fwd, point R to fwd/side, hold

'It's a Man's Man's World' music:

Restart on Wall 2 after 24 counts. No Tags.

'Under your Spell' music:

- Tag 1: after Wall 4 (facing 12:00) add:
- 1-3 rock back R, recover L, point

Tag 2/Restart: Wall 7 starts 6:00...music slows down - dance 12 counts

- during hold in music, add 3 or 4 cnts 'sway R, sway L, hold'...then a 'pop' and beat kicks back in..Restart dance from beginning (facing 3:00)

A Special thanks to my Monday class for their help and patience! (Loved both songs...couldn't decide, so use them both!!)





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牆數:4