

Captured

拍數: 24 牆數: 2 級數: Novice Rise & Fall waltz
編舞者: Ron van Oerle (NL) - February 2015
音樂: Tim Mcgraw - Captured



Intro: 24 counts - Start position: RF is in front of LF, weight is on your RF. Upper body in Left Diagonal.

[Step 1 t/m 6]: ¼ Turn Left, 7/8 Spin Turn Left, Right Twinkle step

- 1 .□LF make a ¼ Turn Left (9 O'clock)
- 2 .□Start your Spin Turn on ball of LF
- 3 .□End Spin Turn (10:30 O'clock)
- 4 .□Step Forward on RF into Diagonal (10:30 O'clock)
- 5 .□Step Forward on LF into Diagonal (10:30 O'clock)
- 6 .□Turn on LF ½ Right (1:30 O'clock) and RF step Forward

[Step 7 t/m 12]: Left Twinkle Turn, Right Cross Rock Step Forward, Side Step Right

- 1 .□LF step forward (1:30 O'clock)
- 2 .□RF step Forward (1:30 O'clock) and Turn ½ left and bring LF next to RF (No weight on RF)
- 3 .□LF step forward in Left Diagonal (4:30 O'clock)
- 4 .□RF Rock forward into Left Diagonal (4:30 O'clock)
- 5 .□LF Replace weight (4:30 O'clock)
- 6 .□RF step to the Right (6 O'clock)

[Step 13 t/m 18]: Left Cross Step In Front, Side Step Right, Left Cross Step Behind, Side Step Right, Left Drag

- 1 .□LF cross in front of RF (6 O'clock)
- 2 .□RF step to the Right (6 O'clock)
- 3 .□LF cross behind RF (6 O'clock)
- 4 .□RF make a big step to the Right (6 O'clock)
- 5 .□Start dragging LF towards RF (6 O'clock)
- 6 .□End the drag, LF beside RF (Weight is on RF)(6 O'clock)

[Step 19 t/m 24]: Tree Step Turn Left, Right Cross Rock Step Forward, Weight Change

- 1 .□LF step ¼ Turn Left (3 O'clock)
- 2 .□Turn on ball of LF ½ Left and RF step Back (9 O'clock)
- 3 .□Turn on ball of RF ¼ Turn Left and LF step to the Left side (3 O'clock)
- 4 .□RF Rock forward into Left Diagonal (4:30 O'clock)
- 5 .□LF replace weight (4:30 O'clock)
- 6 .□Replace weight forward to RF (4:30 O'clock)

End of dance. Enjoy and smile.□