Take Shelter

Last Update - 2nd Nov. 2015



編舞者: Laura Bartolomei (FR) - November 2015

音樂: Take Shelter - Years & Years



[1 – 8]□Cross, Side, Sailor step, Cross, Side, Sailor step ½ turn□	
1 – 2	Cross L over R, Step R to R side ☐ 12:00
3 & 4	Cross L behind R, Step R to R side, Step L to L side ☐ 12:00
5 – 6	Cross R over L, Step L to L side ☐ 12:00
7 & 8	Cross R behind L, Make ¼ turn R stepping L to L side, Make ¼ turn R crossing R over L \square 06:00
[9 – 16]□Rock step together 3x (L,R, in front), 5/8 turn shuffle□	
1 – 2&	Rock L to L, Recover, Step L together with R□06:00
3 – 4&	Rock R to R, Recover, Step R together with R□06:00
5 – 6	Rock L forward, Recover □ 06:00
7 & 8	Make 5/8 turn L stepping L R L ending 10:30 ☐ 10:30
[17 – 24]□Walks 2x, Mambo step, Rockstep, Full turn stepturn step□	
1 – 2	Walk R forward, Walk L forward □ 10:30
3&4	Rock R forward, Recover, Step R back □ 10:30
5 – 6	Rock L back, Recover □ 10:30
7 & 8	Step L forward, Make ½ turn R ending on R, Make ½ turn stepping L back□10:30
[25 – 32]□2x Lock steps diagonally backwards, Rockstep, Sweep 3/8 turn □	
1 & 2	Step R diagonally back, Cross L over R, Step R diagonally back ☐ 10:30
3 & 4	Step L diagonally back, Cross R over L, Step L diagonally back ☐ 10:30
5 – 6	Rock R diagonally back, Recover□10:30
7 – 8&	Sweep R from back to front making 3/8 turn L, Hold, step R together with L□06:00
Restart:□In the 3rd wall : after count 14 Rock step forward, Recover□	
7-8	Make ½ turn L stepping L forward, Step R together with L putting weight on R□12:00
Start again!□	