

The Town

拍數: 64 牆數: 2 級數: Intermediate / Advanced
編舞者: Christiane Néto & Stéphanie Bijon (FR) - March 2016
音樂: The Town I Loved So Well (Live) - Nathan Carter



Intro : 16 counts

[1-8] - BASIC NC L, 1/4 R, RUN RUN L-R, ROCK, RECOVER, BACK, 1/4 TURN R, CROSS, 1/4 L

1 – 2 & 3 Step L to L side (1), Rock step R behind L (2), Recover weight onto L (&), 1/4 Turn to R with RF forward (3) 3:00
4 & 5 - 6 Run L forward, Run R forward (4&), Rock L forward (5), Recover back on R (6)
&7 Step L back (&), 1/4 Turn to R and Sweep L forward (7) 6:00
8& Cross L over R (8), 1/4 Turn to L and RF behind (&) 3:00
***FINAL (Wall 6)**

[9-16] - ROCK, RECOVER, R FULL TURN, STEPS L-R, STEP L, 1/4 L, CROSS L, 1/4 L, 1/4 L

1 – 2 & 3 Rock back on L (1), Recover on R (2), R Full Turn (&3) 3:00
4 - 5 Step L, Step R (4-5)
6 & 7 Step L forward (6), 1/4 Turn on R (&), Cross L over R (7) 6:00
8 & 1/4 Turn to L and RF behind (8), 1/4 Turn to L and LF on L (&) 12:00

[17—24] - BASIC NC R, SWAYS L-R, SLIDE L, WEAVE L, BEHIND, SIDE

1 – 2 & Step R to R side (1), Rock step L behind R (2), Recover weight onto R (&),
3 - 4 Sway L (3), Sway R (4)
5 - 6 & 7 Slide on L (5), Cross R over L (6), LF on L (&), Cross R behind L(7) and sweep L
8 & Cross L behind R (8), RF on R side (&)

[25–32] - STEPS L-R , PIVOT 1/2 TR L, BALL STEP, 3/4 TR R with 4 STEPS

1 - 2- 3 Step L to diagonal R (1), Step R forward (2), Pivot 1/2 Turn L... weight on LF (3) 7:30
& 4 Ball Step R beside L
5 - 8 3/4 Turn to R walking R-L-R-L 6:00

[33-40] - STEPS R-L, SPIRAL TURN, COASTER STEP FWD, BEHIND SIDE CROSS, SIDE ROCK

1 - 2 - 3 Step R forward (1), Step L forward (2), Spiral turn on R (3) 6:00
4 & 5 Step R forward (4), Step L next to R (&), Drag R backward sweeping L (5)
6 & 7 Cross L behind R (6), RF on R side (&), Cross L over R (7)
8 & Rock R on R side (8), Recover on L (&)

[41-48] - WEAVE L with HITCH, BEHIND, 1/4 R, STEP, BUMP, BUMP, ROCK, RECOVER

1&2&3 Cross R over L (1), LF on L side(&), RF behind L (2), LF on L side (&), Cross R over L and Hitch L to diagonal L (3) 4:30
4 & 5 Step L back (4), 1/4 Turn to R with RF forward (&), Step L forward weight on LF (&) 9:00
6 - 7 R Bump back weight on RF, (6), L Bump weight on LF (7)
8 & Rock R forward (8), Recover on L (&)

Nota : 6 R bump back with weight on RF and look over R shoulder

[49-56]- BEHIND-SIDE-FORWARD, STEP-LOCK-STEP, STEP-TURN-STEP, ROCK, RECOVER

1 - 2 & 3 1/4 Turn to R and RF on R side (1), Cross L behind R(2), Step R on R side(&), Step L forward to diagonal R(3) 1:30
4 & 5 Step R forward to diagonal R (4), Lock LF behind RF(&), Step R forward to diagonal R
6 & 7 Step forward L (6), Pivot 1/2 Turn to R (&), Step L forward (7) 6:00
8 & Rock step R forward (8), Recover on L (&)

[57-64] -DRAG R, SAILOR 1/2 TR L, MONTEREY 1/2 TR R, SCISSOR CROSS L, STEP R

- 1 ** R Drag back
2 & 3 1/4 Turn to L and LF behind (2), 1/4 Turn to L and RF on R side (&), LF on L side 12:00
4 - 5 Point RF to R side (4), Pivot 1/2 Turn to R and close RF next to LF 6:00
6 & 7 Step L to L side (6), Close RF next to LF (&), Cross L over R (7)
8 Step R to R side

****TAG/RESTART : 5th wall, after the 57 count (Drag RF):**

UNWIND 1/2 T L, UNWIND 1/2 T L, HEEL TAPS R, HEEL TAPS L

- 2-3-4 Cross L behind R and 1/2 Turn to L on 3 counts 12:00
5 - 8 Cross R behind L and 1/2 Turn to L on 4 counts weight on LF 6/00
1 - 4 4 R heels taps on R side
5 - 8 4 L heels taps on L side

RESTART

***FINAL (Wall 6) : after Section 1 to 8**

***1/4 L, STEP R, STEP L, POINT R, RONDE 1/2 R, LUNGE L, HOOK L, STEP**

- 1 - 2 - 3 1/4 Turn to L and LF on L(1), Step R and Step L to diagonal R (2-3) 7:00
4 - 5 - 6 Point RF on R side (4), Rondé 1/2 Turn to R (5), Step R behind (6) 12:00
7 - 8 & Lunge LF (7), LF Hook (8), Step L behind (&)

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A Jeanne....

Danse is a poem which every movement is a word

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