

# Echo

拍數: 32                      牆數: 4                      級數: Intermediate  
編舞者: Linda Pink (AUS) - March 2017  
音樂: Echo - Chris Mann : (Album: Constellation)



Original Position: Feet Together Weight On The Left Foot.

NOTE : This dance is done to the SLOW beat of the music and is NOT fast.

This dance is done in FOUR directions. Introduction : 16 SLOW Beats

## FORWARD, ACROSS-SIDE-BEHIND, BEHIND-1/4 FORWARD-FORWARD, BACK-1/2 FORWARD-QUICK PIVOT-FORWARD

1                      Step R Forward,  
2 & 3                Sweep To Step L Across In Front Of Right, Step R To The Side, Step L Behind Right,  
4 & 5                Sweep To Step R Behind Left, Turn 90° Left Step L Forward, Step R Forward,  
6 &                    Step L Back, Turn 180° Right Step R Forward,  
7 & 8                Quick Pivot : Step L Forward, Turn 180° Right Take Weight Onto R, Step L Forward. (9.00)

## ACROSS-SIDE-BEHIND, BEHIND-1/4 FORWARD-FORWARD, BACK-TOGETHER-QUICK PIVOT, QUICK PADDLE-FORWARD

1 & 2                Sweep To Step R Across In Front Of Left, Step L To The Side, Step R Behind Left,  
3 & 4                Sweep To Step L Behind Right, Turn 90° Right Step R Forward, Step L Forward,  
5 &                    Step R Back, Step L Together,  
6 &                    Quick Pivot : Step R Forward, Turn 180° Left Take Weight Onto L,  
7 & 8                Quick Paddle : Step R Forward, Turn 90° Left Take Weight Onto L, Step R Forward. (3.00)

## FORWARD, FORWARD, ACROSS-SIDE-BEHIND, BACK, BACK, BEHIND-1/4 FORWARD-FORWARD

1, 2                    Sweep To Step L Forward, Sweep To Step R Forward,  
3 & 4                Step L Across In Front Of Right, Step R To The Side, Step L Behind Right,  
5, 6                    Sweep To Step R Back, Sweep To Step L Back,  
7 & 8                Step R Behind Left, Turn 90° Left Step L Forward, Step R Forward. (12.00)

## BACK-1/2 FORWARD-FORWARD, QUICK ROLL-FORWARD, QUICK PADDLE-SHUFFLE ACROSS-SIDE &

1 & 2                Step L Back, Turn 180° Right Step R Forward, Step L Forward,  
3 & 4                Turn 180° Left Step R Back, Turn 180° Left Step L Forward, Step R Forward,  
5 &                    Quick Paddle : Step L Forward Turn 90° Right Take Weight Onto R,  
6&7                ## □ Shuffle Left Across In Front Of Right Step : L-R-L,  
8 &                    Step R To The Side, Step L Together.

[32] □ REPEAT THE DANCE IN NEW DIRECTION

RESTART : On WALL 5 Dance To BEAT 31 ( ## ) Add The Following & Restart The Dance Facing 9.00

1                      Hold,  
2, 3                    Step R To The Side Push Hips Right, Push Hips Left

Contact: [ldpink@bigpond.net.au](mailto:ldpink@bigpond.net.au)