

# Isabel

拍數: 64                      牆數: 2                      級數: Low Intermediate  
編舞者: Sylvie Fournier (FR) - March 2017  
音樂: Clear Isabel - Aaron Watson : (CD: Vaquero)



Prep : S. Fournier

RF= Right Foot, LF = Left foot

Starts on lyrics

**S1 : STEP, HOLD, STEP, HOLD, FULL TURN LEFT, HOLD :**

1 - 4                      step RF forward, hold 1 count, step LF forward, hold 1 count  (12.00)

5 - 8                      1/2 turn to left stepping RF backward, 1/ 2 turn to left stepping LF forward, Step RF forward ,  
hold 1 count

**S2 : STEP, HOLD, STEP, HOLD, FORWARD COASTER STEP , HOLD :**

1 - 4                      step LF forward, hold 1 count, step RF forward, hold 1 count

5 - 8                      step LF forward, step RF next to LF , step LF back, hold 1 count

**S3 : SIDE, HOLD, BEHIND, HOLD, TRIPLE STEP turning 1/ 4 RIGHT, HOLD :**

1 - 4                      step RF to right side , hold 1 count ,cross LF behind RF , hold 1 count

5 - 8                      step RF to right side, step LF next to RF , do a 1/ 4 turn to right and step RF forward , hold 1  
count (03.00)

**S4 : FORWARD ROCK , HOLD, RECOVER, HOLD, TRIPLE STEP turning 3/ 4 LEFT, HOLD :**

1 - 4                      rock on LF forward, hold 1 count, recover on RF , hold 1 count

5 - 8                      triple step LF, RF, LF on the spot with 3/ 4 to left , hold 1 count (06.00)

**S5 : SIDE, HOLD, BEHIND, HOLD, TRIPLE STEP turning 1/ 4 RIGHT, HOLD :**

1 - 4                      step RF to right side , hold 1 count, cross LF behind RF, hold 1 count

5 - 8                      step RF to right side, step LF next to RF , step RF forward with 1/ 4 right, Hold 1 count  
(09.00)

**S6 : STEP, HOLD, PIVOT 1/ 2 TURN RIGHT, HOLD, CROSS TRIPLE TO RIGHT, HOLD :**

1 - 4                      step LF forward , hold 1 count, pivot 1/ 2 turn to right and step RF forward ( weight on RF),  
hold 1 count  (03.00)

5 - 8                      cross LF in front of RF, step RF to right side , cross LF in front of RF, hold 1 count

**S7 : SIDE ROCK, HOLD , RECOVER,  HOLD, BEHIND, 1/ 4 TURN LEFT, STEP, HOLD :**

1 - 4                      rock on RF to right side, hold 1 count, recover on LF , hold 1 count

5 - 8                      cross RF behind LF , 1/ 4 turn to left and step forward on LF , step forward on RF, hold 1  
count (12.00)

**S8 : FORWARD ROCK, HOLD, RECOVER, HOLD, TRIPLE 1 / 2 TURN LEFT, HOLD :**

1 - 4                      rock forward on LF , hold 1 count , recover on RF , hold 1 count

5 - 8                      triple step LF , RF , LF on the spot doing a 1/ 2 turn to left , hold 1 count (06.00)

Start again .....

Tag : at the end of wall 4 (facing 12.00) add :

**STEP, HOLD , STEP, HOLD, OUT OUT IN IN :**

1 - 4                      step RF forward, hold 1 count, step LF forward, hold 1 count

5 - 8                      step RF slightly forward and to right , step LF slightly forward and to left side, Bring RF to  
center , then LF to center

**BACK , HOLD , BACK, HOLD, OUT OUT IN IN :**

1 - 4                step RF backward, hold 1 count, step LF backward hold 1 count

5 - 8                step RF slightly backward and to right , step LF slightly backward and to left side, Bring RF to center , then LF to center

**And start the dance again at the Beginning**

Contact E-mail : [sylvie.j.fournier@gmail.com](mailto:sylvie.j.fournier@gmail.com)

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