

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

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