

The Wake

拍數: 64 牆數: 4 級數: Phrased Novice
編舞者: Kerly Luige (EST) - May 2009
音樂: American Wake (The Nova Scotia Set) - Bill Whelan : (Album: Riverdance - Music from the Show)



Sequence: AA AA TAG BB BB BB BB

When the music starts, wait 32 counts and then start dancing.

A: 32 counts

A1: Right gallop forward, Left rock-step forward, Left coaster-step back

1&2& Step right forward, lock left behind right, step right forward, lock left behind right
3&4 Step right forward, lock left behind right, step right forward
5,6 Rock left forward, recover weight on right
7&8 Step left back, step together with right, step left forward

A2: Right pivot-turn 1/2, Touch & Touch &, Right hitch-cross shuffle, Left hitch-cross shuffle

1, 2 Step right forward, make a 1/2 turn to left on left
3&4& Touch right toe to right side, step together with right, touch left toe to left side, step together with left making a hitch with your right knee
5&6 Step right across left, step left to left side, step right across left
&7&8 Hitch left knee, step left across right, step right to right side, step left across right

A3: Right touch forward & hop on place - touch back & hop on place - shuffle forward, Left touch forward & hop on place - touch back & hop on place - shuffle forward

1&2& Touch right toe forward, make a small hop on the spot on your left foot, touch right toe back, make a small hop on the spot on your left foot
3&4 Step right forward, step together with left, step right forward
5&6& Touch left toe forward, make a small hop on the spot on your right foot, touch left toe back, make a small hop on the spot on your right foot
7&8 Step left forward, step together with right, step left forward

A4: Right shuffle 1/4 right, Left shuffle 1/2 right, Right coaster-step, Left kick-ball-side-touch

1&2 Step right forward making a 1/4 turn to right, step together with left, step right forward
3&4 Step left to left side making a 1/4 turn to right, step together with right, step left back making 1/4 turn to right
5&6 Step right back, step together with left, step right forward
7&8 Kick left forward, step left next to right, touch right to right side

(Option: you may make a little hook with your right foot after the last touch instead of immediately continuing with the first shuffle)

TAG: 16 counts

TS1: Right paddle-turn full-turn to right, Left forward step-lock-step-lock-step

1&2& Make a 1/4 turn to right stepping onto right, step left ball next to right, make a 1/4 turn to right stepping onto right, step left ball next to right
3&4 Make a 1/4 turn to right stepping onto right, step left ball next to right, make a 1/4 turn to right stepping onto right
5&6& Step left forward, lock right behind left, step left forward, lock right behind left
7&8 Step left forward, lock right behind left, step left forward

TS2: Right toe & left toe & right toe-hook-toe-together, Left toe & right toe & left toe-hook-toe-together

1&2& Touch right toe forward, step together with right, touch left toe forward, step together with left
3&4& Touch right toe forward, hook right toe across left foot, touch right toe forward, step together with right

5&6& Touch left toe forward, step together with left, touch right toe forward, step together with right
7&8& Touch left toe forward, hook left toe across right foot, touch left toe forward, step together with left

B: 32 counts

B1: Right paddle-turn full-turn to right, Left lock-step-lock-step-lock-step-lock diagonally backwards toward

4.30 (facing 1/8 to right towards 1.30)

1&2& Make a 1/4 turn to right stepping onto right, step left ball next to right, make a 1/4 turn to right stepping onto right, step left ball next to right

3&4 Make a 1/4 turn to right stepping onto right, step left ball next to right, make a 1/4 turn to right stepping onto right

5&6& Lock left across right foot, step back on your right foot, lock left across right foot, step back on your right foot

7&8 Lock left across right foot, step back on your right foot, lock left across right foot

During the counts 5-8 move backwards a little diagonally towards 4.30 facing the direction towards

1.30

B2: Right shuffle 3/8 to right, Left pivot-turn 1/2 to right, Left cross-back&right cross-rock

1&2 Step right forward making a 3/8 turn to right, step together with left, step right forward

3, 4 Step left forward, make a 1/2 turn to right (facing 12.00 again)

5, 6 Step left across right, step right back

&7, 8 Step together with left, rock right across left foot, recover weight on left

B3: Right chasse, Left cross-rock, Left chasse, Right cross-rock

1&2 Step right to right side, step together with left, step right to right side

3, 4 Rock left across right foot, recover weight on right

5&6 Step left to left side, step together with right, step left to left side

7, 8 Rock right across left foot, recover weight on left

B4: Right chasse 1/4 to right side, Left pivot-turn 1/2 to right, Left touch forward & right touch to side & left touch to side & right touch together

1&2 Step right to right side making a 1/8 turn to right, step together with left, step right forward making a 1/8 turn to right

3,4 Step left forward, make a 1/2 turn to right

5& Touch left toe forward, step together with left

6& Touch right toe to right side, step together with right

7&8 Touch left toe to left side, step together with left, touch right toe next to left

At the end of the dance instead of the last stepping together with left and making the right toe-touch make a stomp with your left foot and your right foot

Enjoy!

Note: This dance was choreographed with the utmost respect for the music and its original choreography. It was born because every time I listened to the music I felt like dancing and unfortunately hadn't had the pleasure to learn Irish dancing, so I had to find a substitute for myself.
