

Delilah

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Ria Vos (NL) - July 2017
音樂: Delilah (English Version) - Frank Galan : (Single)



Intro: 32 Counts (± 15 sec)

S1: Cross Rock, & Cross, ¼ L, ¼ L Chasse, Cross Rock

1-2 Cross Rock R Over L, Recover on L
&3-4 Step on Ball of R to R Side, Cross L Over R, ¼ Turn L Step Back on R (9:00)
5&6 ¼ Turn L Step L to L Side, Step R Next to L, Step L to L Side (6:00)
7-8 Cross Rock R Over L, Recover on L

S2: ¼ R, ¼ R, Behind, ¼ L, Step Pivot ½ L, Shuffle Fwd

1-2 ¼ Turn R Step Fwd on R, ¼ Turn R Step L to L Side (12:00)
3-4 Step R Behind L, ¼ Turn L Step Fwd on L (9:00)
5-6 Step Fwd on R, Pivot ½ Turn L (3:00)
7&8 Shuffle Fwd Stepping R-L-R

S3: Cross Rock, & Cross, ¼ R, ¼ R Chasse, Cross Rock

1-2 Cross Rock L Over R, Recover on R
&3-4 Step on Ball of L to L Side, Cross R Over L, ¼ Turn R Step Back on L (6:00)
5&6 ¼ Turn R Step R to R Side, Step L Next to R, Step R to R Side (9:00)
7-8 Cross Rock L Over R, Recover on R

S4: ¼ L, ¼ L, Behind, ¼ R, Step Pivot ½ R, Shuffle ½ R

1-2 ¼ Turn L Step Fwd on L, ¼ Turn L Step R to R Side (3:00)
3-4 Step L Behind R, ¼ Turn R Step Fwd on R (6:00)
5-6 Step Fwd on L, Pivot ½ Turn R (12:00)
7&8 Shuffle ½ Turn R Stepping L-R-L (6:00)

S5: Big Step Back, Drag, & Walk, Walk, ¼ L Hip Bumps, ½ L Hip Bumps

1-2 Big Step Back on R, Drag L Towards R
&3-4 Step on Ball of L Next to R, Walk Fwd R, Walk Fwd L
5&6 ¼ Turn L Step and Bump R to R Side, Recover, Bump R to R Side (weight R) (3:00)
7&8 ½ Turn L Step and Bump L to L Side, Recover, Bump L to L Side (weight L) (9:00)

S6: Jazz Box ¼ Turn R, Point, Cross, Point, Cross

1-2 Cross R Over L, ¼ Turn R Step Back on L (12:00)
3-4 Step R to R Side, Cross L Over R
5-6 Point R to R Side, Cross R Over L
7-8 Pont L to L Side, Cross L Over R

S7: Side Rock & Side Rock, & Fwd Rock, Back Shuffle

1-2 Rock R to R Side, Recover on L
&3-4 Step R Next to L, Rock L to L Side, Recover on R
&5-6 Step L Next to R, Rock Fwd on R, Recover on L
7&8 Shuffle Backwards Stepping R-L-R

S8: Rock Back, Shuffle ½ Turn R, Rock Back, Full Turn L

1-2 Rock Back on L, Recover on R
3&4 Shuffle ½ Turn R Stepping L-R-L (6:00)

5-6

Rock Back on R, Recover on L

7-8

½ Turn L Step Back on R, ½ Turn L Step Fwd on L (6:00)

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