

Liberty (P)

拍數: 32 牆數: 0 級數: Beginner Circle - Couple
編舞者: Ole Jacobson (DE) & Nina K. (DE) - December 2017
音樂: The Ghosts of Culloden - Isla Grant



Dance position: Face to Face --> Dance direction counterclockwise
Man and woman face each other, woman with back in dance direction
Right hand of the woman lies in the left hand of the man at shoulder height
Right hand of man lies over left hip of woman, woman left hand on right arm of man

MAN'S STEPS

M1: Rumba with side touches

1,2 LF step to L - bring RF to LF
3,4 LF step forward - Touch RF next to LF
5,6 RF step to R - Touch LF next to RF
7,8 LF step to L - Touch RF next to LF

M2: Rumba with side touches

1,2 RF Step R - bring LF to RF
3,4 RF Step back - Touch LF next to RF
5,6 LF Step to L - Touch RF next to LF
7,8 RF step to R - Touch L next to RF

M3: Rock, recover 4x

1,2 LF step back - weight on RF
3,4 LF step forward - weight on RF
5,6 LF step back - weight on RF
7,8 LF step forward - weight on RF

M4: Rock, recover, step, hold, walk, walk

1,2 LF step back - weight on RF
3,4 LF step forward - hold
5,6 RF step forward - hold
7,8 LF step forward - RF step forward

WOMAN'S STEPS

W1: Rumba with side touches

1,2 RF Step R - bring LF to RF
3,4 RF Step back - Touch LF next to RF
5,6 LF Step to L - Touch RF next to LF
7,8 RF step to R - Touch L next to RF

W2: Rumba with side touches

1,2 LF step to L - bring RF to LF
3,4 LF step forward - Touch RF next to LF
5,6 RF step to R - Touch LF next to RF
7,8 LF step to L - Touch RF next to LF

W3: Rock step, 1/2 pivot turn L 2x

1,2 RF step forward - weight on LF
3,4 RF Step back - weight on LF
5,6 RF step forward (left hand release) - 1/2 left turn on foot (weight on LF)
7,8 RF Step forward - 1/2 left turn on foot (weight on LF)

(LHand put the lady back on the gentleman's arm)

W4: Toe strut, walk, hold, walk, walk

1,2 RF step forward - weight on LF

3,4 RF Step back - Hold

5,6 LF Step Back - Hold

7,8 RF Step back - LF step back

.. and from the beginning

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