Andante/Slowly

拍數: 32

級數: Improver / Intermediate

編舞者: Helen Conroy (IRE) - August 2018

音樂: Andante, Andante - Lily James

Section 1

1-2	Step R to R-side, step L behind R,
&3&4&	Step R to R-side, Fw cross step L over R, Step R to R-side, L rock back recover weight onto R
5-6, &7&8&	Repeat counts 1-8 counts of section 1 starting on Left foot
Section 2 1&2	Rock step R to R-side, recover weight onto L, Fw cross step R over L
3&4	Rock step L to L-side, recover weight onto R, Fw cross step L over R
5&6,7&8	Repeat 1-4 counts of section 2
Section 3	
1-2	Sway onto R foot to R-side, sway onto L foot to L-side
3&4	Step R to R-side, step L beside R, step R to R-side
5-8	Repeat 1-4 counts of section 3 starting on L foot
Section 4	
1-2	R-Rock back, recover weight onto L & 1/2 turn over L shoulder
3&4	Triple step on the spot R,L,R
5-6	L-Rock back, recover weight onto R & 1/4 turn over R shoulder
7&8	L step to L-side, step R beside L, L step to L-side
End of dance	

*1st Tag on wall 4: Repeat 1-8 counts of Section 4

*1st Restart on wall 5: Dance up to first 12 counts and restart

**2nd Tag on wall 7: Repeat 1-8 counts of Section 4

***3rd Tag on wall 8: Sway R,L,R,L,R,L and hold for 1 count (restart dance)

**2nd Restart on wall 8: After 3rd Tag (sways & hold)

Ending: On wall 8: Dance up to Section 3 start Section 4 dance first 4 counts with 1/4 L to the front & POSE !





牆數:4