

Still

拍數: 48 牆數: 4 級數: Advanced - Non-Country waltz
編舞者: Danielle Daley - November 2018
音樂: Still - Jennifer Rush : (Album: Now is the Hour)



Count-in: 48 Count Intro (approx. 34 secs from start of track)

[1-12] Waltz Diamond

- 1,2,3 Step LF to L diagonal (10.30), make 1/8 L turn to face 9.00 as you step RF to R side, make 1/8 turn L to face 7.30 as you step LF back
- 4,5,6 Facing 7.30 step RF back, make 1/8 turn L stepping RF to R side to face 6.00, make 1/8 turn L stepping RF fwd to face 4.30
- 7,8,9 Step LF to L diagonal (4.30), make 1/8 turn L to face 3.00 as you step RF to R side, make 1/8 turn to face 1.30 as you step LF back
- 10,11,12 Facing 1.30 step RF back, make 1/8 turn L stepping RF to R side to face 12.00, step RF (face 12.00)

[13-18] Check, Recover, Heel Turn to Left

- 1,2,3 Rock LF fwd, recover weight to RF, step LF back
- 4& Step RF back, close LF to RF
- 5,6 Turning on heels, make a ½ turn over left shoulder, step LF forward (face 6.00)

[19-24] Side Body Sway, Side Chasse, Curving Feather with ¼ Turn

- 1,2&3 Step RF to R side swaying body to R, Step LF to L side, step RF next to LF, Step LF to L side
- 4,5,6 Making ¼ turn R to face 9.00, curving feather stepping R,L,R

[25-30] Travelling Full Turn Lock Step (x2)

- 1,2&3 Step LF forward, Step RF to side, turning ¼ turn left - Lock LF over right, turning ¼ left, step RF back, turning body ¼ turn left (face 12 o clock)
- 4,5&6 Completing a whole turn, step LF forward, turning ¼ left, Step RF to side, turning ¼ turn left, Lock LF over right, turning ¼ left, step RF back, turning body ¼ turn left (face 12.00)

[31-36] Leg Sweep, Turning ¼ Left, Pivot Turn, Drag to L

- 1 Step LF forward, turning ¼ turn left (face 9.00)
- 2,3 Sweep right leg over left leg, making ¼ turn left, step RF across LF (face 6.00)
- 4 Step forward with LF, turning ¼ turn left (3.00)
- & Turning on LF, make ½ turn over left shoulder, stepping RF back (9.00)
- 5,6 Turning on RF, make ¼ turn left, stepping LF to left side, drag right foot to LF (6.00)

[37-42] Swing & Sway Turn, Weave

- 1 Step RF forward, turning ¼ turn right
- 2 Turning on RF, make ½ turn over right shoulder, stepping back on LF
- 3 Turning on LF, make ¼ turn right, stepping RF to right side
- 4,5,6 Cross LF over RF, Step RF to the side, Cross LF behind RF

[43-48] Curving Feather with ¾ Turn, Slip Pivot Turn

- 1 Step RF forward, turning ¼ right
- 2 Continuing turn to right, step LF diagonally forward
- 3 Completing the ¾ turn, step RF forward (face 3.00)
- 4 Step forward with LF
- & Turning on LF, make ½ turn over L shoulder, stepping back on RF
- 5 Step back on LF, travelling backwards

6 Turning on LF, make $\frac{1}{2}$ turn over left shoulder (to face 3 o clock), crossing RF behind LF

Begin again

Contact: mrdance@outlook.com
