Psychedelic Waltz

拍數: 24

級數: Beginner Rise & Fall waltz

編舞者: Guerric Auville (FR) - February 2019

音樂: Marijuana - Rilès : (iTunes)

Intro : 24 counts from the heavy beat - Start counting after 14 seconds (Start the dance on lyrics)

[1-6] : CROSS, DEVELOPPÉ, STEP BACK, SWEEP

- 1-2-3 LF cross over RF, raise RF slowly diagonally right forward like a kick (raise over 2 counts)
- 4-5-6 RF step back, LF sweep from front to back over 2 counts (12 :00)

[7-12] : BEHIND, SIDE ROCK STEP, BEHIND, SIDE, CROSS

- 1-2-3 LF cross behind RF, RF step to right side, recover on LF
- 4-5-6 RF cross behind LF, LF step to left side, RF cross over LF (12:00) *Restart*

[13-18] : SIDE, DRAG, 1/4 STEP FORWARD, SWEEP

- 1-2-3 LF big step to left side, Drag RF next to LF (Keep weight on LF)
- 4-5-6 1/4 turn right stepping RF forward, LF sweep from back to front over 2 counts (3:00)

[19-24] : TWINKLE, STEP FORWARD, 1/8 SWEEP

- 1-2-3 LF cross over RF, RF step diagonally right forward, LF step diagonally left forward (1:30)
- 4-5-6 RF step forward, 1/8 turn right sweeping LF from back to front. (3:00)

Tag/Restart : During wall 7 After 12 counts. Replace counts 7-12 by the following steps :

[7-12] : BEHIND, SIDE ROCK STEP, BEHIND, SIDE ROCK STEP

- 1-2-3 LF cross behind RF, RF step to right side, recover on LF
- 4-5-6 RF cross behind LF, LF step to left side, recover on RF

Then restart the dance from the beginning.

Contact - guerric.dance@gmail.com





牆數: 4