

Celtic Rhythm

拍數: 96 牆數: 0 級數: Intermédiaire facile Phrasedee
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音樂: Rhythm is a Celtic by Exogen



Déscriptif : 32 counts from the beginning or 25 sec do ABC ABC ABB CAA

Patie A : 32 temps

[1-8] POINT, HOOK, SHUFFLE FORWARD (RIGHT AND LEFT), ROCK STEP FORWARD

- 1& Touch RIGHT toe forward, Cross heel RIGHT over left knee {hook}
- 2&3 Step RIGHT forward, Step LEFT next to right, Step RIGHT forward {shuffle}
- 4& Touch LEFT toe forward, Cross LEFT heel over right knee {hook}
- 5&6 Step LEFT forward, Step RIGHT next to left, Step LEFT forward {shuffle}
- 7-8 Step RIGHT forward, Recover weight to LEFT {rock step}

[9-16] 1/4 CHASSE, MAMBO CROSS ROCK (RIGHT AND LEFT) , SHUFFLE FORWARD

- 1&2 1/4 Turn right and step RIGHT to right side [3H], Step LEFT beside right, Step RIGHT to right side {chasse}
- 3&4 Cross LEFT over right, Recover weight to RIGHT, Step LEFT to left side
- 5&6 Cross RIGHT over left, Recover weight to LEFT, Step RIGHT to right side
- 7&8 Step LEFT forward, Step RIGHT next to left, Step LEFT forward {shuffle}

[17-24] SCUFF, HITCH, TOUCH 1/4 TURN , CHASSE, SAILOR STEP (LEFT AND RIGHT)

- 1& Brush the floor with RIGHT heel, Hitch RIGHT {hitch}
- 2 1/4 turn right and touch RIGHT beside left [6H]
- 3&4 Step RIGHT to right side, Step LEFT beside right, Step RIGHT to right side {chasse}
- 5&6 Cross LEFT behind right, Step RIGHT to right side, Step LEFT to left side {sailor step}
- 7&8 Cross RIGHT behind left, Step LEFT to left side, Step RIGHT to right side {sailor step}

[25-32] CROSS ROCK, HEEL SPLIT, COASTER STEP , STEP FORWARD, 5/8 TURN RIGHT AND TOUCH RIGHT

- 1-2 Cross LEFT forward on right diagonale [7H30], Recover weight to RIGHT
- &3 Step LEFT beside right and split heels to outside, Splits heels to center
- &4 Splits heel to outside, Splits heel to center {split} (keep weight on LEFT)
- 5&6 Step RIGHT back, Step LEFT beside the right Step RIGHT forward {coaster step}
- 7-8 Step LEFT forward, Pivot 5/8 turn right and touch RIGHT beside left [3H] (keep weight on LEFT)

Patie B : 32 temps

[1-8] POINT, POINT, SIDE, SIDE, SHUFFLE FORWARD (RIGHT AND LEFT)

- 1& Point RIGHT forward, Step RIGHT beside left
- 2& Point LEFT forward, Step LEFT beside right
- 3& Point RIGHT to right side, Step RIGHT beside weight
- 4& Point LEFT to left side, Step LEFT beside right
- 5&6 Step RIGHT forward, Step LEFT next to right, Step RIGHT forward {shuffle}
- 7&8 Step LEFT forward, Step RIGHT next to left, Step LEFT forward {shuffle}

[9-16] POINT, POINT, SIDE, SIDE, SHUFFLE FORWARD (RIGHT AND LEFT)

- 1& Point RIGHT forward, Step RIGHT beside left
- 2& Point LEFT forward, Step LEFT beside right
- 3& Point RIGHT to right side, Step RIGHT beside weight
- 4& Point LEFT to left side, Step LEFT beside right
- 5&6 Step RIGHT forward, Step LEFT next to right, Step RIGHT forward {shuffle}

7&8 Step LEFT forward, Step RIGHT next to left, Step LEFT forward {shuffle}

[17-24] ROCK STEP, 1/2 SHUFFLE, 1/4 CHASSE , COASTER STEP

1-2 Step RIGHT forward,, Recover weight on LEFT {rock step}

3&4 1/4 turn right and step RIGHT to right side, Step LEFT beside right, 1/4 turn right and step RIGHT forward

5&6 1/4 turn right and step LEFT to left side, Step RIGHT beside left, Step LEFT to left side

7&8 Step RIGHT back, Step LEFT beside right, Step RIGHT forward {coaster step}

[25-32] (POINT, HOOK, POINT, FLICK SHUFFLE) LEFT AND RIGHT

1& Point LEFT forward , Hook LEFT over right knee {hook}

2& Point pied LEFT forward, Kick heel LEFT back {flick}

3&4 Step LEFT forward, Step RIGHT next to right, Step LEFT forward {shuffle}

5& Point RIGHT forward, Hook RIGHT over left knee {hook}

6& Point RIGHT forward, Kick heel RIGHT back {flick}

7&8 Step RIGHT forward, Step LEFT next to right, Step RIGHT forward {shuffle}

NOTA : at the 3° B do counts 1 at 6& and do Step RIGHT forward, Step LEFT beside right (keep weight on LEFT)

Patie C : 32 temps

[1-8] HEEL GRIND 1/4 TURN, COASTER STEP,STEP 1/4 TURN LEFT, CROSS SHUFFLE

1 Step LEFT forward and left toe to right

2 1/4 turn left and push toe left to left and step RIGHT back

3&4 Step LEFT back, Step RIGHT beside left, Step LEFT forward {coaster step}

5-6 Step RIGHT forward, Pivot 1/4 turn left

7&8 Cross RIGHT over left, Step LEFT to left side, Cross RIGHT over left {cross shuffle}

[9-16] SIDE, HOLD, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS

1-2 Step LEFT to left side, Slide RIGHT beside left (arms on right)

3&4 Cross RIGHT behind left, Step LEFT to left side, Cross RIGHT over left {behind side cross}

5-6 Step LEFT to left side, Recover weight to RIGHT {rock step}

7&8 Cross LEFT behind RIGHT, Step RIGHT to right side, Cross LEFT over right {behind side cross}

[17-24] SIDE, HOLD, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS

1-2 Step RIGHT to right side, Slide LEFT beside right (arms on left)

3&4 Cross LEFT behind right, Step RIGHT to right side, Cross LEFT over right {behind side cross}

5-6 Step RIGHT to right side, Recover weight to LEFT {rock step}

7&8 Cross RIGHT behind left, Step LEFT to left side, Cross RIGHT over left {behind side cross}

[25-32] LEFT & RIGHT SHUFFLE FORWARD, STEP 1/2 TURN, 1/4 TURN SIDE, TOUCH RIGHT

1&2 Step LEFT forward, Step RIGHT next to left, Step LEFT forward {shuffle}

3&4 Step RIGHT forward, Step LEFT next to right, Step RIGHT forward {shuffle}

5-6 Step LEFT forward, Pivot 1/2 turn right

7-8 1/4 turn right and step LEFT to left side, Touch RIGHT toe beside left {touch}

SMILE WHEN YOU DANCE !!!!!!!

Les références des heures ne valent que sur le premier mur

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