

Dazed and Confused

拍數: 48 牆數: 2 級數: Intermediate Contemporary Waltz
編舞者: Anna Szymanski (USA) - November 2018
音樂: Dazed & Confused - Ruel



12 count intro – start on the word “Swingin”

Music available from Amazon and iTunes

[1-6] ROCK SIDE, RECOVER, CROSS, KICK, RETRACT SLOWLY

1-3 (1) Rock L to left rotating upper body right; (2) Recover to R; (3) Cross L over R

Styling: As you rock L to left, the L hand goes down the right side of face with back of L hand toward R cheek but not touching

4-6 (4) With body angled left, sharply kick R to right with knee facing front; (5-6) Retract slowly from the kick by bending R knee bringing R foot in toward L knee (10:30)

Easier option: (4) Point R to R side; (5-6) Hold 2 counts

[7-12] CROSS, 1/4 TURN R, 1/2 TURN R, 3/8 TURN R COLLECT/REACH, HOLD, STEP

1-3 (1) Step R across L squaring up to 12:00; (2) Turn 1/4 right stepping L back; (3) Turn 1/2 right stepping R forward

4-6 (4) Turn 3/8 right to face 1:30 stepping L beside R reaching L hand to 12:00; (5) Hold; (6) Shift weight to R (1:30)

Styling: You may rise up on balls of feet as you hold count 5

[13-24] DIAMOND FALL-AWAY, STEP with KNEE “WOBBLE”, RIPPLE UP

1-3 (1) Step L forward toward 1:30; (2) Squaring up to 12:00, step R to right; (3) Turn 1/8 left stepping L back (10:30)

4-6 (4) Step R back; (5) Turn 1/8 left stepping L to left; (6) Turn 1/8 left stepping R forward (7:30)

1-3 (1) Step L forward; (2) Turn 1/4 left stepping R back; (3) Turn 1/4 left stepping L to left (1:30)

4-6 (4) Step R in place (feet apart, weight on both feet) bending both knees in slightly toward each other to

initiate a ripple up the body straightening legs over counts 5-6 shifting weight to L on 6 (1:30)

Restart: On repetition 3 (12:00), dance 24 counts, end keeping weight on R, then Restart from beginning (12:00)

Tag/Restart: On repetition 6 (12:00) dance 24 counts, end keeping weight on R, do the follow 3 count tag

Tag: (1-2) Sway L; (3) Shift weight to R – Restart from beginning (12:00)

[25-36] ON R DIAGONAL FULL TURN R, “STOP”, BACK TWINKLE TURNING TO L DIAGONAL, BACK LAYOUT, STEP

1-3 (1) Step R forward toward 1:30 turning toe out; (2) Turn 1/2 right stepping L back; (3) Turn 1/2 right stepping R forward (1:30)

4-6 (4) Step L to left (feet apart weight on both feet, up on balls feet or flat) pushing L hand “stop” toward 1:30; (5) Hold (6) Shift weight to L

1-3 (1) Step R behind L; (2) Turn 1/4 left rocking L to left; (3) Replace weight to R (10:30)

4-6 (4-5) Step L back slowly lifting R leg forward as you push both hands down leaning upper body back; (6) Step R forward (10:30)

[37-42] ON L DIAGONAL: FORWARD, TOUCH, HOLD, FORWARD, TOUCH, SWEEP

1-3 (1) Step L forward; (2) Touch R toe forward pushing R hip forward/R knee turned in slightly; (3) Hold

4-6 (4) Step R forward; (5) Touch L toe forward pushing L hip forward/L knee turned in slightly; (6) Sweep L back (10:30)

[43-48] BACK/SWEEP, ROCK BACK, RECOVER, 3/8 TURN L SWEEP, CROSS

1-3 (1) Step L back sweeping R back; (2) Rock back on ball of R; (3) Recover to L
4-6 (4-5) Turn 3/8 left sweeping R forward; (6) Cross R over L (6:00)

Start again from the beginning.

Ending: On the last repetition of the dance, over-rotate the last turn (counts 46-48) an extra 1/2 left to end facing 12:00, then step R to right (feet apart weight on both feet) letting arms hang at sides.

Last Update - 20 April 2019
