

Barndance (P)

拍數: 48 牆數: 0 級數: Improver Partner
編舞者: Arne Stakkestad (BEL) - April 2019
音樂: "Barndance" by Alexander Rybak



Info: intro 32 counts

Man inside circle, Lady outside, facing each other, hold both hands low, steps described for Man, Lady dances mirror

Hitch, Step Diagonally, R,L, Triple Diagonally In Place, Hitch, Step Diagonally, L,R, Triple Diagonally In Place

&1&2 Hitch R Knee out, step RF beside LF, hitch LKnee out, step LF beside RF
&3&4 Hitch R Knee out, Turn your body diagonally right : Triple R,L,R in place
&5&6 Hitch L Knee out, step LF beside RF, hitch R Knee out, step RF beside LF
&7&8 Hitch LKnee out, Turn your body diagonally left : Triple L,R,L in place

1/8 L, Shuffle Forward R,L, Heel, Toe, Triple Stomp

1&2 1/8 left RF step forward, Lf step beside RF, RF step forward

Partners now in line of dance, hold RH Man, LF Hand Lady

3&4 LF step forward, Rf step beside LF, LF step forward
5-6 touch R Heel forward, touch R Toe backward
7&8 Stomps in place R,L,R

Stomp LF Forward, Swing RF L,R,L, Stomp RF Forward, Swing LF R, L, R

1-2 LF stomp forward, hitch RKnee and RF swing forward left
3-4 RF swing right, RF swing left
5-6 RF stomp forward, hitch LKnee and LF swing forward right
7-8 LF swing left, LF swing right

LF Step, RF stomp, ¼ R, RF Step, LF Stomp, Heel swivels

1-2 LF step forward, RF stomp beside LF
3-4 ¼ right RF step right, LF stomp beside RF

Partners now facing each other, hold both hands low

5-6 both heels open, close
7&8 heels open, close, open

Polka Shuffles, moving Forward

RH Man on hip Lady, LH Lady on shoulder man, LH Man hold RH Lady, Lady also right turns

1&2 LF step diagonally left forward (start ½ R), RF step beside LF, LF step backward (end ½ R)
3&4 RF step diagonally right forward (start ½ R), LF step beside RF, RF step forward (end ½ R)
5&6 LF step diagonally left forward (start ½ R), RF step beside LF, LF step backward (end ½ R)
7&8 RF step diagonally right forward (start ½ R), LF step beside RF, RF step forward (end ½ R)

Walk L,R,L, RF Kick, RF Backward, LF Hook, ¼ R, Chasse

Turn ¼ to LOD, hold RH Man, LF Hand Lady

1-2 LF step forward, RF step forward
3-4 LF step forward, RF kick forward
5-6 RF step backward, LF hook before RKnee
7&8 ¼ right, LF step left, RF step beside, LF step left

Partners now facing each other, hold both hands low