

Fondamental

拍數: 32 牆數: 2 級數: Improver NC2S
編舞者: Delphine Zammit (FR) - December 2017
音樂: Fondamental - Calogero



Intro : After 4 counts (after the word « tous ») 2 walls+2 walls

[1 – 8] BASIC NIGHT-CLUB, 1/4 TURN, 1/4 TURN, CROSS, BASIC NIGHT-CLUB, 1/4 TURN, ROCK BACK, RECOVER

- 1-2& - RF step to the right side, LF cross behind RF, RF cross over LF
- 3-4& - 1/4 turn right stepping LF back, 1/4 turn right stepping RF to the right side, LF cross over RF (6.00)
- 5-6& - RF step to the right side, LF cross behind RF, RF cross over LF
- 7-8& - 1/4 turn right stepping LF back, RF back rock step, recover on LF (9.00)

[9 – 16] ROCK STEP, RECOVER, TOGETHER, STEP TURN, TRAVELLING PIVOT, ROCK STEP, BACK, STEP ROCK BACK, RECOVER

- 1-2 - RF rock step forward, recover on LF
- & - RF step next to LF
- 3-4 - LF step forward, 1/2 turn right (RF takes weight, forward) (3.00)
- &5 - 1/2 turn right stepping LF back, 1/2 turn right stepping RF forward (3.00)
- 6&7 - LF rock step forward, recover on RF, LF step back
- 8& - RF back rock step, recover on LF

[17-24] SCISSOR STEP x2, 1/4 TURN, SWEEP, CROSS-SIDE-BEHIND, SWEEP, BEHIND, 1/4 TURN

- 1-2& - RF step to the right side, LF step next to RF, RF cross over LF
- 3-4& - LF step to the left side, RF step next to LF, LF cross over RF
- 5 - 1/4 turn right stepping RF forward sweeping LF from back to front (6.00)
- 6&7 - LF cross over RF, RF step to the right side, LF cross behind RF sweeping RF from front to back
- 8& - RF cross behind LF, 1/4 turn left stepping LF forward (3.00)

[25-32] CROSS ROCK STEP, SIDE, CROSS ROCK STEP, 1/4 TURN, STEP TURN, TRAVELLING PIVOT, ROCK STEP, RECOVER

- 1-2& - RF cross rock step, recover on LF, RF step to the right side
- 3-4& - LF cross rock step, recover on RF, 1/4 turn left stepping LF forward (12.00)
- 5-6 - RF step forward, 1/2 turn left (LF takes weight) (6.00)
- &7 - 1/2 turn left stepping RF back, 1/2 turn left stepping LF forward (6.00)
- 8& - RF rock step, recover on LF

TAG : 4 counts at the end of wall 2 (12.00)

[1-4] BASIC NIGHT-CLUB x 2

- 1 2& - RF step to the right side, LF cross behind RF, RF cross over LF
- 3 4& - LF step to the left side, RF cross behind LF, LF cross over RF

RESTART : During wall 5, after 16 counts, restart the dance from the beginning (we begin the dance face 3.00)