

Total Recall

拍數: 72 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - December 2019
音樂: It's All Coming Back To Me Now (7" Anthem Mix) - Natalie Browne



Start after 32 counts on verse vocal – approx. 17 secs – 3mins 59 secs – 128bpm
Music available Amazon

[1-8] R side, hold, L together, R side, L touch together, full turn L into L chassé

1-2& Step R side, hold, step L together
3-4 Step R side, touch L together
5-6 Turning ¼ left step L forward, turning ½ left step R back (3 o'clock)
7&8 Turning ¼ left step L side, step R together, step L side (12 o'clock)

Non-turning option 5-8: Step L side, step R together, chassé L

[9-16] R rocking chair, R fwd shuffle, L fwd, ½ R pivot turn

1-4 Rock R forward, recover weight on L, rock R back, recover weight on L
5&6 Step R forward, step L together, step R forward
7-8 Step L forward, pivot ½ right (6 o'clock)

[17-24] ¼ L chassé, extended weave L (6 counts)

1&2 Turning ¼ right step L side, step R together, step L side (9 o'clock)
3-6 Cross step R behind L, step L side, cross step R over L, step L side
7-8 Cross step R behind L, step L side

ENDING: During wall 7 facing back wall, dance first 23 counts to face 3 o'clock. Turning ¼ left step L fwd, step R fwd, HOLD and 'Its All Coming Back to You Now!'

[25-32] R cross rock/recover, R ball cross hold, R ball cross hold, R side, L cross shuffle

1-2& Cross rock R over L, recover weight on L, step R side
3-4& Cross step L over R, hold, step R side
5-6& Cross step L over R, hold, step R side
7&8 Cross step L over R, step R side, cross step L over R

[33-40] R side, close, R back shuffle, L side, close turning ¼ L, L fwd shuffle

1-2 Step R side, step L together
3&4 Step R back, step L together, step R back
5-6 Step L side, turning ¼ left step R forward (6 o'clock)
7&8 Step L forward, step R together, step L forward

[41-48] R fwd rock/recover, ½ R fwd shuffle, L fwd, ¼ R pivot turn, L fwd, ¼ R pivot turn

1-2 Rock R forward, recover weight on L
3&4 Turning ½ right step R forward, step L together, step R forward (12 o'clock)
5-8 Step L forward, pivot ¼ right, step L forward, pivot ¼ right (6 o'clock)

[49-56] L/R cross points fwd, L fwd rock/recover, L back, R heel fwd, hold, R back

1-4 Cross step L forward, point R side, cross step R forward, point L side
5-6& Rock L forward, recover weight on R, step L back
7-8& Touch R heel forward, hold, step R back

[57-64] L fwd rock/recover, ½ L fwd shuffle, ½ L back shuffle, ½ L fwd shuffle

1-2 Rock L forward, recover weight on R
3&4 Turning ½ left step L forward, step R together, step L forward (12 o'clock)
5&6 Turning ½ left step R back, step L together, step R back (6 o'clock)

7&8 Turning ½ left step L forward, step R together, step L forward (12 o'clock)

[65-72] R fwd rock/recover, R coaster, ½ L walk forward L/R, L forward, step R/L together

1-2 Rock R forward, recover weight on L

3&4 Step R back, step L together, step R forward

5-6 Walking around ½ left step L forward, step R forward (6 o'clock)

7&8 Step L forward, step R together, step L together

WALL 3 TAG: At end of wall 3 facing back wall dance the following to bring you to front wall and start the dance again:

[1-8] R side rock/recover, R behind, L side, cross R over L, ½ L walk forward L/R, L forward, step R/L together

1-2 Rock R side, recover weight on L

3&4 Cross step R behind L, step L side, cross step R over L

5-6 Walking around ½ left step L forward, step R forward (12 o'clock)

7&8 Step L forward, step R together, step L together

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