

Hello, Eleni

拍數: 42 牆數: 4 級數: Beginner
編舞者: Sharon Balding - January 2020
音樂: Eleni - Tol & Tol



Begin with the singing

Section 1: Side steps to Right, Rocking Chair

1-2 Step R to Right, slide L together
3-4 Step R to Right, close L and touch
5-6 Rock L forward, recover
7-8 Rock L back, recover

Section 2: Side steps to Left, Rocking Chair

1-2 Step L to Left. Slide R together
3-4 Step L to Left, close R and touch
5-6 Rock R forward, recover
7-8 Rock R back, recover

Section 3: Paddle steps to Left, Jazz Box

1-2,3-4 Keeping weight on L, push with R 1/4 turn going Left ..Repeat
5-6 Step R over L, step L back
7-8 Step R to Right, step L together.

Section 4: Right and Left Heel Digs, Pivot Left, Forward Rock

1-2 Tap R Heel forward, step back in place
3-4 Tap L Heel forward, step back in place
5-6 Step forward on R, pivot 1/2 turn forward to L
7-8 Rock R. forward, recover

Section 5: Back Rock, Turn Left, Jazz Box, Sway Right and Left

1-2 Rock R. back ,recover
3-4 Step on R, make 1/4 turn to Left, stepping on L
5-6 Step R over L. Step L back
7-8 Step R to side, step L together
9-10 Step R swaying to Right, Sway to Left

BEGIN THE DANCE AGAIN

Restart: On the 4th wall: do only the first 24 steps,(completing Section 3 with the turn and jazz box in place)
Begin again with the singing.

We like this as a cool-down or break between faster dances.

Variation: By eliminating Steps 9-10 this can be done to faster-paced music

i.e. Hawaiian Roller Coaster—Lilo and Stitch
Coconuts—Smile
E Vahine Machie—Fenua
Ciega, Sordomuda—Shakira