

Chain Reaction

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Amanda Bowden (AUS) & Gordon Elliott (AUS) - March 2020
音樂: Chain Reaction - Diana Ross : (Album: Love & Life : The Very Best Of Diana Ross)



Original Position: Feet Together Weight On The Left Foot.

This dance is done in FOUR directions. Introduction : On vocals

SLOW SASSY, SLOW SASSY, LOCK SHUFFLE FORWARD, FORWARD, SCUFF

1, 2 Slow Sassy Step R Forward, (2 Beats)
3, 4 Slow Sassy Step L Forward, (2 Beats)
5 & 6 Lock Shuffle Forward Step : R-L-R,
7, 8 Step L Forward, Scuff R Forward. (12.00)

FORWARD, ROCK, 1/2 SHUFFLE FORWARD, FORWARD, ROCK, 1/2 SHUFFLE FORWARD

1, 2 Step R Forward, Rock Back Onto L,
3 & 4 Turn 180° Right Shuffle Forward Step : R-L-R, (6.00)
5, 6 Step L Forward, Rock Back Onto R,
7 & 8 Turn 180° Left Shuffle Forward Step : L-R-L. (12.00)

PADDLE TURN, SHUFFLE ACROSS, 1/4 BACK, 1/4 SIDE, ACROSS, HOLD

1, 2 Paddle : Step R Forward, Turn 90° Left Take Weight Onto L, (9.00)
3 & 4 Shuffle Right Across In Front Of Left Step : R-L-R,
5, 6 Turn 90° Right Step L Back, Turn 90° Right Step R To The Side, (3.00)
7, 8 Step L Across In Front Of Right, Hold. (3.00)

TOUCH, HOLD & TOUCH, HOLD & HEEL & HEEL & FORWARD, FORWARD

1, 2 & Touch R Toe To The Side, Hold, Step R Together,
3, 4 & ## Touch L Toe To The Side, Hold, Step L Together,
5 & Touch R Heel Forward, Step R Together,
6 & Touch L Heel Forward, Step L Together,
7, 8 Step R Forward, Step L Forward. (3.00)

PIVOT TURN, 1/2 SHUFFLE BACK, BACK, BACK, COASTER STEP

1, 2 Pivot : Step R Forward, Turn 180° Left Take Weight Onto L, (9.00)
3 & 4 Turn 180° Left Shuffle Back Step : R-L-R, (3.00)
5, 6 Step L Back, Step R Back,
7 & 8 Coaster : Step L Back, Step R Together, Step L Forward. (3.00)

FORWARD, 1/8 SCUFF, FORWARD, 1/8 SCUFF, 1/8 FORWARD, 1/8 FORWARD, 1/8 FORWARD, 1/8 FORWARD.

1, 2 Step R Forward, Turn 45° Left Scuff L Forward, (1.30)
3, 4 # Step L Forward, Turn 45° Left Scuff R Forward, (12.00)
5, 6 Turn 45° Left Step R Forward, Turn 45° Left Step L Forward, (9.00)
7, 8 Turn 45° Left Step R Forward, Turn 45° Left Step L Forward. (6.00)

ACROSS, ROCK, SIDE SHUFFLE, ACROSS, ROCK, 1/4 SHUFFLE FORWARD

1, 2 Step R Across In Front Of Left, Rock Onto L,
3 & 4 Side Shuffle To The Right Step : R-L-R,
5, 6 Step L Across In Front Of Right, Rock Onto R,
7 & 8 Turn 90° Left Shuffle Forward Step : L-R-L. (3.00)

"Y" STEP, COASTER STEP, FORWARD, HITCH

1, 2 "Y" Step : Step R Forward At 45° Right, Step L Forward At 45° Left,
3, 4 Step R Back To The Centre, Step L Back,
5 & 6 Coaster : Step R Back, Step L Together, Step R Forward,
7, 8 Step L Forward, Hitch R Forward. (3.00)

[64] REPEAT THE DANCE IN NEW DIRECTION

RESTART 1: On WALL 3 dance to BEAT 44 (#) and RESTART facing 6.00

RESTART 2: On WALL 6 dance to BEAT 28 (##) and RESTART facing 3.00
