

A L'atzar

拍數: 100 牆數: 0 級數: Phrased Intermediate
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音樂: A L'atzar - Maria Jacobs



Sequence: A, B, TAG, C, TAG, (A restart), A, B, TAG, C, TAG, B, B, A, TAG, C, C, TAG

PART A

[01 – 08] - STEP, TOUCH x4

- 01 - Step forward with right foot diagonally.
- 02 - Touch left foot next to the right.
- 03 - Step back with left foot diagonally.
- 04 - Touch right beside the left.
- 05 - Step back with right foot diagonally.
- 06 - Touch left foot next to the right.
- 07 - Step forward with left foot diagonally.
- 08 - Touch right foot next to the left.

* Restart Here *

[09 – 16] - ROCKING CHAIR, STEP TURN ½ x2

- 01 - Rock forward with right foot.
- 02 - Recover weight in left foot.
- 03 - Rock back with right foot.
- 04 - Recover weight in left foot.
- 05 - Step forward with right foot.
- 06 - Turn ½ turn to the left.
- 07 - Step forward with right foot.
- 08 - Turn ½ turn to the left.

[17 – 24] - STEP, LOCK, STEP, SCUFF, STEP, LOCK STEP, SCUFF

- 01 - Step forward with right foot.
- 02 - Lock with left foot behind the right foot.
- 03 - Step forward with right foot.
- 04 - Scuff with left foot.
- 05 - Step forward with left foot.
- 06 - Lock with right foot behind the left foot.
- 07 - Step forward with left foot.
- 08 - Scuff with right foot.

[25 – 32] - ROCKING CHAIR, JAZZBOX

- 01 - Rock forward with right foot.
- 02 - Recover weight in left foot.
- 03 - Rock back with right foot.
- 04 - Recover weight in left foot.
- 05 - Cross right foot in front of the left.
- 06 - Step back with left foot.
- 07 - Step with right foot to the right.
- 08 - Step forward with left foot.

PART B

[01 – 08] - HEEL TOUCH, HOOK, SHUFFLE, HEEL TOUCH, HOOK, SHUFFLE.

- 01 - Right heel forward.

- 02 - Hook with right leg in front of the left.
- 03 - Step forward with right foot.
- & - Step left foot next to the right.
- 04 - Step forward with right foot.
- 05 - Left heel forward.
- 06 - Hook with left leg in front of the right.
- 07 - Step forward with left foot.
- & - Step right foot next to the left.
- 08 - Step forward with left foot.

[09-16] - STEP, TURN ½, TRIPLE ½, BACK, BACK, COASTER STEP

- 01 - Step forward with right foot.
- 02 - Turn ½ turn to the left.
- 03 - Turn ¼ left and step right next to it.
- & - Step left to the right.
- 04 - Turn ¼ left and step back on the right foot.
- 05 - Step back with left foot.
- 06 - Step back with right foot.
- 07 - Step back with left foot.
- & - Step right beside the left.
- 08 - Step forward with left foot.

[17 – 24] - LOCK STEPS

- 01 - Step forward with right foot.
- 02 - Lock with left foot behind the right foot.
- 03 - Step forward with right foot.
- & - Lock with left foot behind the right foot.
- 04 - Step forward with right foot.
- 05 - Step forward with left foot.
- 06 - Lock with right foot behind the left foot.
- 07 - Step forward with left foot.
- & - Lock with right foot behind the left foot.
- 09 - Step forward with left foot.

[25 – 32] - ROCK, RECOVER, TRIPLE ½, ROCK, RECOVER, TRIPLE ½.

- 01 - Rock forward with right foot.
- 02 - Recover weight in left foot.
- 03 - Turn ¼ clockwise with right foot step to the side.
- & - Step left foot next to the right.
- 04 - Turn ¼ clockwise with right step forward.
- 05 - Rock forward with left foot.
- 06 - Recover weight in right foot.
- 07 - Turn ¼ left with left foot step to the side.
- & - Step right foot next to the left.
- 08 - Turn ¼ left with step left forward.

PART C

[01 – 08] - BRUSH, BRUSH, DIAGONAL SHUFFLE, BRUSH, BRUSH, DIAGONAL SHUFFLE

- 01 - Brush with right foot forward,
- 02 - Brush with right foot back.
- 03 - Step forward with right foot diagonally.
- & - Step with left foot next to the right.
- 04 - Step forward with a diagonal right foot.
- 05 - Brush with forward foot.

- 06 - Brush with right foot back.
- 07 - Step forward with left foot diagonally.
- & - Step with right foot next to the left.
- 08 - Step forward with left foot diagonally.

[09 – 16] - CHASSE TURN ¼ x4

- 01 - Turn ¼ turn to the left and step right next to it.
- & - Step with left foot next to the right.
- 02 - Step with right foot to the right.
- 03 - Turn ¼ turn to the left and step left to the side.
- & - Step right beside the left.
- 04 - Step with left foot next to the left.
- 05 - Turn ¼ turn to the left and step right next to it.
- & - Step with left foot next to the right.
- 06 - Step with right foot to the right.
- 07 - Turn ¼ turn to the left and step left to the side.
- & - Step with right foot next to the left.
- 08 - Step left to the left.

[17 – 24] - BRUSH, BRUSH, DIAGONAL SHUFFLE, BRUSH, BRUSH, DIAGONAL SHUFFLE

- 01 - Brush with right foot forward,
- 02 - Brush with right foot back.
- 03 - Step forward with right foot diagonally.
- & - Step with left foot next to the right.
- 04 - Step forward with a diagonal right foot.
- 05 - Brush with forward foot.
- 06 - Brush with right foot back.
- 07 - Step forward with left foot diagonally.
- & - Step with right foot next to the left.
- 08 - Step forward with left foot diagonally.

[25 – 32] - CHASSE TURN ¼ x4

- 01 - Turn ¼ turn to the left and step right next to it.
- & - Step with left foot next to the right.
- 02 - Step with right foot to the right.
- 03 - Turn ¼ turn to the left and step left to the side.
- & - Step right beside the left.
- 04 - Step with left foot next to the left.
- 05 - Turn ¼ turn to the left and step right next to it.
- & - Step with left foot next to the right.
- 06 - Step with right foot to the right.
- 07 - Turn ¼ turn to the left and step left to the side.
- & - Step with right foot next to the left.
- 08 - Step left to the left.

TAG

[01 – 04] - V STEP

- 01 - Step forward with right foot diagonally.
- 02 - Step with left foot to the left side.
- 03 - Step back with right foot.
- 04 - Step with left foot next to the right.

