

Karantene

拍數: 16 牆數: 4 級數: Beginner
編舞者: Dans & Moro (NOR) - May 2020
音樂: Karantene - TIX



Siv Anita Jorstad and Heidi Brenden

We have chosen to start the dance on first chorus. You can start on first vocals, at ones, if so you will not get «the breake» on the front wall.

Section 1: [1-8] Walk, walk, mambo step, walk, walk, coaster step

1,2 Step RF forward, step LF forward
3&4 step RF forward, recover on LF, step RF back
5,6 step LF back, step RF back
7&8 step LF back, step RF beside LF, step LF forward- facing left diagonal

Section 2 [1-8] Cross, step, sailer step, cross, ¼ turn left, coaster step

1,2 cross RF over LF, step LF to left side
3&4 cross RF behind LF, step LF to left side, step RF to right side
5,6 cross LF over RF, turn ¼ turn left -stepping RF back
7&8 step LF back, step RF beside LF, step LF forward

« Breake» After wall nr 8 there is a short break on 4 counts toward front wall:
Reach both hands up, stand still for 4 counts and start wall nr 9

Option: Section 1- full turn with clap

5,6 ½ turn left stepping LF forward with a clap, ½ turn left stepping RF back with a clap.

No Restarts Or Tags, just enjoy this fun easy dance
