

Colorado

拍數: 64 牆數: 2 級數: Phrased Improver
編舞者: Mireille Donzallaz (CH) - June 2020
音樂: Colorado - Mikolas Josef



Sequence : A A B A(Restart after 16 counts) A A B A(Restart after 16 counts) B A A

Part A : 32 counts

Diagonal shuffle 2x, cross, ¼ turn R back, chasse

- 1 RF Step diagonally forward (1.30)
- & LF Step together
- 2 RF Step Diagonally forward
- 3 LF Step diagonally forward (10.30)
- & RF Step together
- 4 LF Step diagonally forward
- 5 RF Cross over
- 6 LF ¼ turn R ,step back (3.00)
- 7 RF step R
- & LF step together
- 8 RF step R

2x Vaudeville, sailor step, ¼ sailor

- 9 LF cross over
- & RF step side
- 10 LF touch left heel forward to Left diagonally
- & LF step together
- 11 RF cross over
- & LF step side
- 12 RF touch right heel forward to right diagonally
- 13 RF cross behind
- & LF step side
- 14 RF step side
- 15 LF ¼ turn left cross behind
- & RF step side
- 16 LF step forward

Restart wall 4 and 8

Gallop right, gallop left

- 17 RF step diagonally forward (1h30)
- & LF step together
- 18 RF step diagonally forward
- & LF step together
- 19 RF step diagonally forward
- & LF step together
- 20 RF step diagonally forward
- 21 LF ¼ turn L, step diagonally forward (10.30)
- & RF step together
- 22 LF step diagonally forward
- & RF step together
- 23 LF step diagonally forward
- & RF step together
- 24 LF step diagonally forward

3x kick, touch

25 RF cross over
26 LF ¼ turn R, step back
27 RF step R
& LF step together
28 RF ¼ turn right, step forward
29 LF kick left
& LF step together
30 RF kick right
& RF step together
31 LF Kick left
& LF step together
32 RF touch right

Part B : 32 counts**Right vine, step touch 2x with body roll**

1 RF step right
2 LF step behind
3 RF step right
4 LF touch together
5 LF step left, start body roll side left
6 RF touch together, finish body roll
7 RF step right, start body roll side right
8 LF touch together finish body roll

Left vine, step touch 2x with body roll

9 LF step left
10 RF cross behind
11 LF step left
12 RF touch together
13 RF step right, start body roll side right
14 LF step touch, finish body roll
15 LF step left, start body roll side left
16 RF touch together, finish body roll

Step backward 4x, Monterey turn

17 RF step backward
18 LF step backward
19 RF step backward
20 LF step backward
21 RF touch side right
22 RF ½ turn right step together
23 LF touch side left
24 LF step together

Step backward 4x, Monterey turn

25 RF step backward
26 LF step backward
27 RF step backward
28 LF step backward
29 RF touch side right
30 RF ½ turn right step together
31 LF touch side left
32 LF step together

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