

Shelter

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Maggie Gallagher (UK) & Gary O'Reilly (IRE) - August 2020
音樂: Shelter - FINNEAS : (Amazon & iTunes - 3:07)



Intro: 16 counts

S1: WALK, SIDE ROCK, CROSSING SAMBA, WALK, WALK, FORWARD COASTER/SWEEP

1-2-3 Walk forward on left slightly crossing over right, Rock right to right side, Recover on left
4&5 Cross right over left, Rock left to left side, Recover on right turning $\frac{1}{8}$ right [1:30]
6-7 Walk forward on left, Walk forward on right
8&1 Step forward on left bending knees, Step right next to left bending knees, Step back on left
ronde sweeping right from front to back [1:30]

S2: BACK/SWEEP, BACK/SWEEP, SAILOR STEP, HOLD, BALL, SIDE, TOUCH

2 Step back on right ronde sweeping left from front to back
3 Step back on left ronde sweeping right from front to back and straightening to [3:00]
4&5-6 Step right behind left, Step left to left side, Step right to right side, HOLD
&7-8 Step on ball of left next to right, Step right to right side, Touch left next to right

S3: & CROSS/DIP, SIDE, CROSS/DIP, BACK SIDE CROSS/DIP, SIDE, CROSS/DIP, SIDE

&1-2-3 Step left next to right, Cross right over left bending knees, Step left to left side, Cross right
over left bending knees
4&5 Step back on left, Step right to right side, Cross left over right bending knees
6-7-8 Step right to right side, Cross left over right bending knees, Step right to right side

S4: $\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{4}$ /DRAG, TOGETHER & SIDE, BEHIND/DIP, SIDE, CROSS

1-2 $\frac{1}{4}$ hinge turn left stepping left to left side, $\frac{1}{4}$ hinge turn left stepping right to right side [9:00]
3 $\frac{1}{4}$ hinge turn left taking long step to left side and dragging right to meet left [6:00]
4&5 Step right next to left, Step left in place, Step right to right side
6-7-8 Cross left behind right dipping slightly, Step right to right side, Cross left slightly over right
angling body to [7:30]

S5: BUMP BUMP PRESS, RECOVER, R COASTER, ROCK, RECOVER, $\frac{1}{2}$ SHUFFLE

1&2-3 Step on ball of right to [7:30] bumping hips forward, Bump hips back, Press/rock forward on
right, Recover on left
4&5 Step back on right, Step left next to right, Step forward on right [6:00]
6-7 Rock forward on left, Recover on right
8&1 $\frac{1}{2}$ left stepping forward on left, Step right next to left, ** Step forward on left [12:00]
**Restart Wall 5

S6: WALK, WALK, ANCHOR STEP, $\frac{1}{2}$, STEP LOCK STEP

2-3 Walk forward on right, Walk forward on left
4&5 Lock right behind left, Step weight onto left, Step slightly back on right
6 $\frac{1}{2}$ left stepping forward on left [6:00]
7&8 Step forward on right, Lock left behind right, Step forward on right *Restart Wall 2

S7: BUMP BUMP PRESS, RECOVER, TOGETHER, OUT OUT IN IN, OUT OUT IN IN

1&2-3 Step on ball of left to [4:30] bumping hips forward, Bump hips back, Press/rock forward on
left, Recover on right
4&5&6 Step left next to right, Step right to right side, Step left to left side, Step right back to centre,
Step left next to right
&7&8 Step right to right side, Step left to left side, Step right back to centre, Step left next to right

Choreographers' note: Rise up on the balls of the feet on the OUT OUT steps, and step down on the IN IN

steps

S8: ROCK, RECOVER, ½, ½, BACK/SIT, STEP, WALK, RONDE HITCH

- 1-2 Rock forward on right, Recover on left
- 3-4 ½ right stepping forward on right, ½ right stepping back on left [6:00]
- 5-6 Sit back on right bending knees, Step forward on left
- 7-8 Walk forward on right slightly crossing over left, Rise up on ball of right ronde hitching left knee across right

***RESTART: After 48 counts of Wall 2 facing [12:00]**

TAG: At the end of Wall 4, repeat the last 16 counts of the dance (Sections 7 & 8) facing [12:00]

****RESTART: Dance 40& counts of Wall 5, then restart the dance facing [12:00]**

ENDING: Dance 48 counts of Wall 6, then cross left over right and swivel ½ right to finish facing [12:00]

Thank you to Becky Kelly from Tucson, Arizona for suggesting the music

Contact: Gary O'Reilly - oreillygaryone@gmail.com - 00353857819808

<https://www.facebook.com/gary.reilly.104> - www.thelifeoreillydance.com

Maggie Gallagher - 0044 7950291350

www.facebook.com/maggiegchoreographer - www.maggieg.co.uk
