

In Love With Sarah Jane

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BY STEPHEN

拍數: 48 牆數: 4 級數: Improver
編舞者: Noreen Wall (UK) - October 2020
音樂: Sarah Jane - Nathan Carter



SECTION 1: TWIST, TWIST, HEEL, HOOK, FORWARD TOUCH, BACK TOUCH, RIGHT GRAPE VINE, HITCH LEFT KNEE, LEFT GRAPEVINE ¼ TURN LEFT TO 9 O' CLOCK

- 1&2& swivel both heels to right (1) swivel both heels back to centre (&) touch right heel forward on slight right diagonal (2) hook right foot in front of left foot (&)
- 3&4& step forward on right foot on slight right diagonal (3) touch left toe behind right foot (&) step back on left foot (4) touch right toe next to left (&)
- 5&6& step right foot to right side (5) step left foot behind right (&) step right foot to right side (6) hitch left knee (&)
- 7&8 step left foot to left side (7) step right foot behind left foot (&) making a ¼ turn left step forward on left foot facing 9' o'clock.

SECTION 2: RIGHT ROCKING CHAIR, HITCH LEFT KNEE, BACK HITCH RIGHT KNEE, BACK HITCH LEFT KNEE, LEFT COASTER STEP, RIGHT HEEL DIG, LEFT HEEL DIG.

- 1&2& Rock forward on to right foot (1) replace weight on left foot (&) rock back on right foot (2) hitch left knee (&).
- 3&4& Traveling backwards. Step back on left foot (3) hitch right knee (&) step back on right foot (4) hitch left knee (&)
- 4-5-6 step back on left foot (5) step right foot next to left (5) step forward left foot (6) 7-8 dig right heel forward replace right foot beside left foot (7) dig left heel forward replace left foot next to right (8)

SECTION 3: ¼ MONTEREY RIGHT (TO 12 O'CLOCK) , ¼ MONTEREY RIGHT (3 O'CLOCK) REVERSE RUMBA BOX.

- 1&2& touch right toe out to right side (1) replace right foot next to left foot making a ¼ turn right (&) touch left toe to left side (2) replace left foot next to right (&)(facing 12 O' clock)
- 3&4& touch right toe out to right side (3) replace right foot next to left foot making a ¼ turn right (&) touch left toe out to left side (4) replace left foot next to right foot (&) (facing 3 O' clock)
- 5&6 Step right foot to right side (5) step left foot next to right (&) step back on right foot (6) touch left toe next to right foot (&)
- 7&8& step left foot to left side (7) replace right foot next to left foot (&) step forward left foot (8) touch right toe beside left foot (&)

SECTION 4 RIGHT GRAPEVINE , HALF TURN HITCH, LEFT GRAPEVINE, RIGHT DIAGONAL FORWARD STEP, TOUCH, BACK, KICK, RIGHT COASTER STEP.

- 1&2& step right foot to right side (1) step left foot behind right foot (&) step right foot to right side making a half turn right to face 9 O'clock (2) hitch left knee (&)
- 3&4& step left foot to left side (3) step right foot behind left foot (&) step left foot to left side (4) touch right toe next to left foot (&)
- 5&6& on slight right diagonal, step forward on right foot (5) touch left toe behind right foot (&) step back on left foot (6) kick right foot forward (&)
- 7&8 step back on right foot (7) step left foot next to right (&) touch right foot forward (8) (keep weight on left foot.)

SECTION 5: REVERSE RUMBA BOX, GRAPEVINE HALF TURN HITCH, GRAPE VINE.

- 1&2& step right foot to right side (1) step left foot next to right foot (&) step back on right foot (2) touch left toe next to right foot (&)
- 3&4& step left foot to left side (3) replace right foot beside left foot (&) step forward left foot (4) touch right toe next to left foot (&)

- 5&6& step right foot to right side (5) step left foot behind right foot(&) step right foot to right side making a half turn right to face 3 O' clock (6) hitch left knee (&)
- 7&8& step left foot to left side (7) step right foot behind left foot (&) step left foot to left side(8) touch right toe next to left foot (&)

SECTION 6: ON SLIGHT RIGHT DIAGONAL , STEP FORWARD, TOUCH, BACK, KICK COASTER STEP , SPLIT HEELS, SPLIT HEELS.

- 1&2& on slight right diagonal, step forward on right foot (1) touch left toe behind right foot (&) step back on left foot (2) kick right foot forward (&)
- 3&4 step back on right foot (3) step left foot beside right foot (&) step right foot next to left foot (not forward). (4)
- 5-6 split heels keeping weight on both toes split your heels apart (5) bring both heels back together (6)
- 7-8 split both heels apart (7) bring both heels back together (8)

Restart comes on wall 2 after your heel digs facing 12 O'clock you do your first ¼ Monterey turn to face 3 O'clock and you restart your dance.

TAG there is one tag at the end of wall 4 facing 9 O' clock you dance your 2 heel splits and then you do a right heel dig and a left heel dig then start wall 5.

The dance has a nice Irish feel so for styling emphasise the hitches, heel digs and stomp your coaster steps. The dance slows down at the end and finishes with your coaster step which you stomp.
