

Volarà

拍數: 192 牆數: 1 級數: Phrased Intermediate
編舞者: Angéline Fourmage (FR) - 1 January 2021
音樂: Volara - Bernardo Lafonte



Start : 5s. (at Drum)

Intro-A-B-C-D - A-B-C-D-E - C-F-A - B-C-D - C-F

Intro : 32 counts

[1-8] R Step Side (with arms up), together

1-7 RF to the R side with arms up (right side)
8 RF next to LF Put your arms down

[9-16] R Step Side (with arms up), together

1-7 LF to the L side with arms up (left side)
8 LF next to RF Put your arms down

[17-24] Step Back, Hold, Step Back, Hold, Step Back, Hold, Step Back, Hold (*Option : with arms up)

1-2 RF Back, Hold
3-4 LF Back, Hold
5-6 RF Back, Hold
7-8 LF Back, Hold

[25-32] Step FW, Hold, Step FW, Hold, Step FW, Hold, Step FW, Hold (*Option : with arms up)

1-2 RF FW, Hold
3-4 LF FW, Hold
5-6 RF FW, Hold
7-8 LF FW, Hold

Part A : 32 counts

[1-8] V-Step ¼ R (*Option : with arms up)

1-2 RF FW to R side, Hold
3-4 LF FW to R side, Hold
5-6 Make ¼ R with RF Back, Hold
7-8 LF next to RF, Hold

[9-16] V-Step ¼ R (*Option : with arms up)

1-2 RF FW to R side, Hold
3-4 LF FW to R side, Hold
5-6 Make ¼ R with RF Back, Hold
7-8 LF next to RF, Hold

[17-24] V-Step ¼ R (*Option : with arms up)

1-2 RF FW to R side, Hold
3-4 LF FW to R side, Hold
5-6 Make ¼ R with RF Back, Hold
7-8 LF next to RF, Hold

[25-32] V-Step ¼ R (*Option : with arms up)

1-2 RF FW to R side, Hold
3-4 LF FW to R side, Hold
5-6 Make ¼ R with RF Back, Hold
7-8 LF next to RF, Hold

Part B : 32 counts

[1-8] Chassé R, Chassé L, Chassé R, Chassé L (* Option : with arms up),

1&2 RF to R side, LF next to RF, RF to R side
3&4 LF to L side, RF next to LF, LF to L side
5&6 RF to R side, LF next to RF, RF to R side
7&8 LF to L side, RF next to LF, LF to L side

[9-16] Rock-Step, Side, Hold, Rock-Step, Side, Point, Hold (*Option : Arms)

1-2 Cross RF over LF, Recover to LF
3-4 RF to the R side, Hold
5-6 Cross LF over RF, Recover to RF
7-8 Point LF to the L side, Hold

[17-24] Chassé L, Chassé R, Chassé L, Chassé R (* Option : with arms up)

1&2 LF to L side, RF next to LF, LF to L side
3&4 RF to R side, LF next to RF, RF to R side
5&6 LF to L side, RF next to LF, LF to L side
7&8 RF to R side, LF next to RF, RF to R side

[25-32] Rock-Step, Side, Hold, Rock-Step, Side, Point, Hold (*Option : Arms)

1-2 Cross LF over RF, Recover to RF
3-4 LF to the L side, Hold
5-6 Cross RF over LF, Recover to LF
7-8 Point RF to the R side, Hold

Part C : 32 counts

[1-8] Weave, Touch, Diagonal, together

1-2 RF to R side, Cross LF over RF
3-4 RF to R side, Cross LF behind RF
5-6 RF to R side, Touch LF next to RF
7-8 LF FW on L diagonal, RF next to LF

[9-16] Weave, Touch, Diagonal, together

1-2 LF to L side, Cross RF behind LF
3-4 LF to L side, Cross RF over LF
5-6 LF to L side, Touch RF next to LF
7-8 RF FW on R diagonal, LF next to RF

[17-24] 8 Rolls

1-2 RF to R side, Cross LF behind RF
3-4 Make $\frac{1}{4}$ R with RF FW, LF FW
5-6 Make $\frac{1}{2}$ R, Make $\frac{1}{4}$ R with LF to L side
7-8 Cross RF behind LF, LF to L side

[25-32] Jazz-Box, Jazz-Box

1-2 Cross RF over LF, LF Back
3-4 RF to R side, Cross LF over RF
5-6 Cross RF over LF, LF Back
7-8 RF to R side, Cross LF over RF

Part D : 32 counts

[1-8] Triple-Step, Triple-Step, Stomp-Up, Stomp up, Stomp-Up, Together (* Option : with arms)

1&2 RF FW, LF next to RF, RF FW
3&4 LF FW, RF next to LF, LF FW
5-6 Stomp-Up to the R side, Stomp up RF next to LF

7-8 Stomp-Up to the R side, RF next to LF

[9-16] Triple-Step, Triple-Step, Stomp-Up, Stomp up, Stomp-Up, Together (* Option : with arms up)

1&2 LF FW, RF next to LF, LF FW

3&4 RF FW, LF next to RF, RF FW

5-6 Stomp-Up to the L side, Stomp up LF next to RF

7-8 Stomp-Up to the L side, LF next to RF

[17-24] Chassé ¼ R, Triple-Step, Rocking-Chair

1&2 RF to R side, LF next to RF, Make ¼ R with RF FW

3&4 LF FW, RF next to LF, LF FW

5-6 RF FW, Recover to LF

7-8 RF Back, Recover to LF

[25-32] Triple-Step, Triple-Step, Pivot 1/8 L, Pivot 1/8 L

1&2 RF FW, LF next to RF, RF FW

3&4 LF FW, RF next to LF, LF FW

5-6 RF FW, Pivot 1/8 L (weight on LF)

7-8 RF FW, Pivot 1/8 L (weight on LF)

Part E : 32 counts

[1-8] Rock-Step, Together, Hold, Rock-Step, Together, Hold

1-2 RF FW, Recover to LF

3-4 RF next to LF, Hold

5-6 LF Back, Recover to RF

7-8 LF next to RF, Hold

[9-16] Rock-Step, Together, Hold, Rock-Step, Together, Hold

1-2 RF to the R side, Recover to LF

3-4 RF next to LF, Hold

5-6 LF to the L side, Recover to RF

7-8 LF to the L side, Hold

[17-24] Side, Cross, Side, kick, Side, Cross, Side, Kick

1-2 RF to the R side, Cross LF over RF

3-4 RF to the R side, Kick LF on L Diagonal

5-6 LF to the L side, Cross RF over LF

7-8 LF to the L side, Kick R on R Diagonal

[25-32] Side, Hold, Touch, Hold, Side, Hold, Touch, Hold (*Option Shimmy)

1-2 RF to the R side, Hold (or Shimmy)

3-4 Touch LF next to RF, Hold

5-6 LF to the L side, Hold (or Shimmy)

7-8 Touch RF next to LF, Hold

Part F : 32 counts

[1-8] Paddle-Turn ½ L, Slap, Clap, Slap, Clap

1-4 Paddle-Turn ½ L

5-6 Slap your thigh with your 2 hands, Clap

7-8 Slap your thigh with your 2 hands, Clap

[9-16] Paddle-Turn ½ L, Slap, Clap, Slap, Clap

1-4 Paddle-Turn ½ L

5-6 Slap your thigh with your 2 hands, Clap

7-8 Slap your thigh with your 2 hands, Clap

[17-24] Side, Heel, Side, Heel, Rolling-Vine, Touch

- 1-2 RF to R side, Touch L Heel FW
- 3-4 LF to L side, Touch R Heel FW
- 5-6 Make $\frac{1}{4}$ R with RF FW, Make $\frac{1}{2}$ R with LF Back
- 7-8 Make $\frac{1}{4}$ R with RF to the R Side, Touch LF next to RF

[25-32] Side, Heel, Side, Heel, Rolling-Vine, Touch

- 1-2 LF to L side, Touch R Heel FW
- 3-4 RF to R side, Touch L Heel FW
- 5-6 Make $\frac{1}{4}$ L with LF FW, Make $\frac{1}{2}$ L with RF Back
- 7-8 Make $\frac{1}{4}$ L with LF to the L Side, Touch RF next to LF

Smile and enjoy the dance

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