

Morfar (Grand Pa)

拍數: 48 牆數: 2 級數: Improver
編舞者: Anne Richter-Olesen (DK) - February 2021
音樂: Morfar - John Mogensen : (iTunes)



Intro: 15 Counts, start with weight on Right foot..

This dance is dedicated to my husband Steen Richter-Olesen for his Birthday, he's a happy Grand Pa of Malou, Mads, Oscar, Luca og Elliot..

TWINKLE L, TWINKLE R

1,2,3 Cross L in front of R, Rock R to R side, Recover on L in L diagonal [10:30]
4,5,6 Cross R in front of L, Rock L to L side, Recover on R in R diagonal [1:30]

BASIC FW R DIAGONAL, BASIC 1/4 L

1,2,3 Step fw on L, Step R beside L, Step down on L
4,5,6 Step back on R, Step L to L side, Step fw on R in R diagonal [10:30]

BASIC FW L DIAGONAL, BASIC 1/8 R

1,2,3 Step fw on L, Step R beside L, Step down on L
4,5,6 Step back on R, Step L beside R, Step R small step fw [12:00]

STEP R, SWEEP L, STEP L, SWEEP R

1,2,3 Step fw on L, Sweep R from back to front over 2 counts
4,5,6 Step fw on R, Sweep L from back to front over 2 counts

PART OF A DIAMOND L

1,2,3 Cross L in front of R, Step back on R in L diagonal, step back on L [10:30]
4,5,6 Step back on R, Step L to L side, Step R fw in R diagonal [7:30]

STEP FW, LUNCH, BASIC 1/4 L

1,2,3 Step fw on L with bended knee, HOLD and raise R arm over 2 counts
4,5,6 Step back on R, Step L to L side, Step fw on R [4:30]

STEP FW, LUNCH, BASIC 1/8 R

1,2,3 Step fw on L with bended knee, HOLD and raise R arm over 2 counts
4,5,6 Step back on R, Step L beside R, Step R small step fw [6:00]

STEP FW, SLOW KICK, COASTER

1,2,3 Step fw on L, Kick R fw over 2 counts
4,5,6 Step back on R, Step L beside R, Step R fw

Start again and ENJOY

TAG: There's a 3 Count Tag after Wall 1 & 2 & 3: Sway L, Sway R, (sway on balls), HOLD

1,2,3 Sway L to L side, Sway R to R side, HOLD

ENDING: After Wall 4 do these 7 Counts: Basic half x2 L, Point L

1 - 3 Step fw on L while turn ½ L, Step R beside L, Recover on L
4 - 6 Step back on R, Turn ½ L step L beside R, Recover on R
7 Point L to L side

