

Circle in a Triangle

拍數: 64 牆數: 4 級數: Easy Improver
編舞者: Julie Young (UK) - April 2021
音樂: Circle in a Triangle - Bill Anderson & Mary Lou Turner : (Album: Sometimes)



Intro: Start on the lyric "Circle"

SEC 1: ¼ TURN STEP, SCUFF, ¼ CROSS SHUFFLE TURN, X 2

- 1,2,3&4 Make ¼ turn Right stepping Right foot forward, scuff Left heel into ¼ crossing arc shuffle to the Right (facing 6:00)
5,6,7&8 Make ¼ turn Right stepping Right foot forward, scuff Left heel into ¼ crossing arc shuffle to the Right (facing 12:00)

(Note: you should have completed a full circle back to the start wall)

SEC 2: SIDE, BEHIND, ½ TURN BRUSH, SIDE, BEHIND, ¼ TURN BRUSH

- 1,2,3,4 Step Right to Right side, step Left behind Right, make ½ turn over Right shoulder stepping onto Right foot, brush Left foot through (weight on Right)
5,6,7,8 Step Left to Left side, step Right behind Left, make ¼ turn Left stepping onto Left foot, brush Right foot forward (weight on Left)

SEC 3: CROSS, ¼ TURN, SIDE, HOLD, CROSS, BACK, SIDE, HOLD

- 1,2,3,4 Cross Right foot over Left, make ¼ turn Right stepping back on Left, step Right to Right side, Hold (weight on Right)
5,6,7,8 Cross Left foot over Right, step back on Right, step Left to Left side, Hold (weight on Left)

SEC 4: LOCK STEP FORWARD, HOLD, ¼ PIVOT TURN CROSS, HOLD

- 1,2,3,4 Right step forward, lock Left foot behind Right, Right step forward, hold
5,6,7,8 Step Left foot forward, make ¼ turn Right switching weight to Right foot, cross Left foot over Right, hold (weight remains on Left foot)

(Restart here: Wall 2)

SEC 5: FORWARD RUMBA BOX

- 1,2,3,4 Step Right to Right side, step Left next to Right, step Right foot forward, touch Left next to Right
5,6,7,8 Step Left to Left side, step Right next to Left, step Left foot back, touch Right next to Left

SEC 6: REVERSE RUMBA BOX

- 1,2,3,4 Step Right to Right side, step Left next to Right, step Right foot back, touch Left next to Right
5,6,7,8 Step Left to Left side, step Right next to Left, step Left foot forward, touch Right next to Left

SEC 7: 2 X SCISSOR STEPS (WITH HOLDS)

- 1,2,3,4 Step Right to Right side, Step Left next to Right, cross Right over Left, hold
5,6,7,8 Step Left to Left side, Step Right next to Left, cross Left over Right, hold

SEC 8: FORWARD ROCK RECOVER, BACK, HOLD, COASTER CROSS, HOLD

- 1,2,3,4 Rock Right forward, recover weight to Left foot, step back on Right foot, hold
5,6,7,8 Step Left back, step Right next to Left, cross Left over Right, hold

One easy restart after 32 counts on Wall 2, which fits beautifully with the music (when they sing "circle").

(Contact: backinlinedance@gmail.com)

*Note: Dedicated to my lovely Dad, whose poor album was thoroughly 'worn out' by my friend and I playing it most weekends whilst singing along. I hope you enjoy this track!

