

Nous Deux

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jim PAVADÉ (FR) - October 2021
音樂: Nous Deux - Flo Delavega : (Album: Rêveur Forêveur)



The dance starts with the body weight on the LF

****2 TAGS of 8 counts at the end of Walls 1 & 3**

Section 1: Syncopated Weave Left & Right

1 & 2 & RF cross over LF, LF to side, RF cross behind LF, LF to side (12h00),
3 & 4 RF cross over LF, LF to side, RF cross behind LF (01h30),
5 & 6 & LF cross over RF, RF to side, LF cross behind RF, RF to side (12h00),
7 & 8 LF cross over RF, RF to side, LF cross behind RF (10h30).

Section 2: 6 Running Steps on the Left Diagonal & 6 Running Steps on the Right Diagonal

1 & 2 Run forward 3 steps on L diag.: RF - LF - RF (10h30),
3 & 4 Run back 3 steps on L diag.: LF - RF - LF,
5 & 6 Run forward 3 steps on R diag.: RF - LF - RF (01h30),
7 & 8 Run back 3 steps on R diag.: LF - RF - LF.

Section 3: R Smiley (travelling volta turn to R)- L Smiley (travelling volta turn to L)

1 & 2 RF cross over LF with $\frac{1}{4}$ turn R (04h30), Ball step on LF to left, Cross RF over LF with $\frac{5}{8}$ turn R
& 3 & 4 Ball step on LF to left, Cross RF over LF, Ball step on LF to left, Cross RF over LF (12h00),
5 & 6 LF cross over RF with $\frac{1}{4}$ turn L (08h30), Ball step on RF to right, Cross LF over RF with $\frac{5}{8}$ turn L
& 7 & 8 Ball step on RF to right, Cross LF over RF, Ball step on RF to right, Cross LF over RF (12h00).

Section 4: Right Shuffle Box

1 & 2 RF to side - LF next RF - RF to side (12h00),
3 & 4 $\frac{1}{4}$ turn R with LF to side - RF next LF - LF to side (03h00),
5 & 6 $\frac{1}{4}$ turn R with RF to side - LF next RF - RF to side (06h00),
7 & 8 $\frac{1}{4}$ turn R with LF to side - RF next LF - LF to side (09h00).

TAG at the end of Wall 1 (09h00) & 3 (03h00)

Step Walk with $\frac{1}{4}$ turn R (X4)

1 2 $\frac{1}{4}$ turn R & RF forward, hold (12h00),
3 4 $\frac{1}{4}$ turn R & LF forward, hold (03h00),
5 6 $\frac{1}{4}$ turn R & RF forward, hold (06h00),
7 8 $\frac{1}{4}$ turn R & LF to side, hold (09h00).

Finish at 12h00

[1 - 2]: Forward Step - Side Step

1 RF forward, right hand rises up (12h00),
2 LF to side, right hand lowers down (12h00).

Enjoy !