

Garde à nous

拍數: 64 牆數: 4 級數: Intermediate / Advanced
編舞者: Angéline Fourmage (FR) - 17 October 2021
音樂: Garde à nous - Charlotte



Start : 18 Count (10 s. approximately, On the lyrics « Puisque ») - 1 Restart
Sequence : A-A-32-A-A-A-A

[1-8] Vaudeville, Side, Cross, Side, Behind

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

[9-16] Step ¼ R, Step-turn ½ R, Step, Full Turn L, Hold

1-2 Make ¼ R with RF FW, LF FW
3-4 Make ½ R, LF FW
5-6 Make ½ L with RF back, Make ½ L with LF FW
7-8 RF FW, Hold

[17-24] Point, Step FW, Point, Step FW, Monterey Turn ¼ L

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

[25-32] Step, Lock, Step, Brush, Cross, Step, ¼ L, Cross, Step ¼ L

1-2 LF FW, RF behind LF
3-4 LF FW, Brush RF FW
5-6 Cross RF over LF, Make ¼ L with LF to the L side
7-8 Cross RF over LF, Make ¼ L with LF FW - Restart: 7-8 Cross RF over LF, Make ¼L with L point to the L side

[33-40] Step Side, Point, Step Side, Point, Jazz-Box ¼ R

1-2 RF to the R side, Point LF to the L side
3-4 LF to the L side, Point RF to the R side
5-6 Cross RF over LF, LF back
7-8 Make ¼ R with RF to the R side, Cross LF over RF

[41-48] Step Side, Hold, Step ½ R, Hold, Weave, Hold

1-2 RF to the R side, Hold
3-4 Make ½ R with LF to the L side, Hold
5-6 Cross RF behind LF, LF to the L side
7-8 Cross RF over LF, Hold

[49-56] Heel-Grind ¼ L, Rock-Step, Heel-Grind ¼ L, Rock-Step

1-2 L heel grind FW with ¼ L, Recover to RF
3-4 LF back, Recover to RF
5-6 L heel grind FW with ¼ L, Recover to RF
7-8 LF back, Recover to RF

[57-64] Step FW, Sweep, Step FW, Sweep, Jazz-Box

1-2 LF FW with R sweep from back to the front, continue R sweep

3-4 RF FW with L sweep from back to the front, continue L sweep
5-6 Cross LF over RF, RF back
7-8 LF to the L side, Cross RF over LF

Smile and enjoy the dance

Contact : maellynedance@gmail.com
