

Crimson (CBA 2022)

拍數: 32 牆數: 2 級數: Intermediate Rolling Count
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - January 2022
音樂: Crimson - Mark Kingswood



Start after 16 count intro - approx. 20 secs on vocals - 54 bpm - 3mins 54secs

Music Available: Amazon

Choreographed for the 2021 Crystal Boot Awards

[1-8&a] R side, cross L behind R, R side R, cross L over R, R side R, L back rock/recover, ¼ L, L fwd, ¼ L, R side R, L back rock/recover, L side, R back rock/recover, R fwd, ½ L pivot turn

- 1-2 Step R side, cross step L behind R
 - &a3 Step R side, cross step L over R, step R side
 - 4&a Rock L back, recover weight on R, turning ¼ left step L forward (9 o'clock)
 - 5 Turning ¼ left step R side (big step) (6 o'clock)
 - 6&a Rock L back, recover weight on R, step L side
 - 7-8&a Rock R back, recover weight on L, step R forward, pivot ½ left (12 o'clock)
- ENDING: Dance up to counts 8& then step L forward (a), step R forward (1) and strike a pose!**

[9-16&a] R fwd, run fwd L/R/L, R fwd rock/recover, R ball cross back, R back with L hook, ¼ ball step turn, ¼ L, R fwd, ½ L on R with L hook, run fwd L/R/L towards diagonal

- 1-2&a Step R forward, step L forward, step R forward, step L forward
- 3-4 Rock R forward, recover weight on L
- &a Step R back, angling body slightly right cross step L over R (1 o'clock)
- 5 (Staying on R diagonal) step R back as you turn ¼ left hooking left foot across R knee (you will be facing left diagonal) (11 o'clock)
- a6 ¼ left, step L forward, ball step R behind L (7 o'clock)
- a7 Turning ¼ left step L forward (5 o'clock), turning ½ left step back on R hooking left foot across R knee (11 o'clock)
- 8&a Step L forward, step R forward, step L forward (11 o'clock)

WALL 5 RESTART: During wall 5 dance first two sections of the dance but on the 8&a bring yourself to front wall to restart the dance

[17-24&a] On diagonal R fwd rock/recover, ¼ R to diagonal, L fwd rock/recover, ¾ L, run around L/R/L to back diagonal, R fwd rock/recover, ¼ R to diagonal, L fwd rock/recover, ½ L, L side, cross R over L

- 1-2a On diagonal rock R forward, recover weight on L, turning ¼ right step R to side facing diagonal (1 o'clock)
- 3a Rock L forward, recover weight on R
- 4&a Turning ¼ left step L forward, turning ¼ left step R together, turning ¼ left step L forward (5 o'clock)
- 5-6a On diagonal rock R forward, recover weight on L, turning ¼ right step R to side facing diagonal (7 o'clock)
- 7-8&a Rock L forward, recover weight on R, turning ¼ left step L side, cross step R over L (6 o'clock)

[25-32&a] L side, R back rock/recover, ½ L, R back, L back rock/recover, ½ R, L back, step back R/L/R with sweeps, L behind R, R side R, cross L over R

- 1-2&a Step L side, rock R back, recover weight on L, turning ½ left step R back (12 o'clock)
- 3-4a Rock L back, recover weight on R, turning ½ right step L back (6 o'clock)
- 5 Step R back and sweep L from front to back
- 6 Step L back and sweep R from front to back
- 7 Step R back and sweep L from front to back
- 8&a Cross step L behind R, step R side, cross step L over R

