Under The Sun

拍數: 32

級數: Improver

編舞者: Christine Stewart (NZ) - February 2022

音樂: Under the Sun - L.A.B: (Album: L.A.B V)

Intro: 64 counts (start counting from the first strong beat after the quick intro notes). Start dancing on the word "Waiting" when they sing "Well, I've been Waiting"approx. 40 secs into the track

Begin facing 12:00 with weight on Left and Right touched beside Left

[1 – 8] SIDE, TOGETHER, SHUFFLE FORWARD, SIDE, TOGETHER, SHUFFLE BACK

- 1 2 Step Right foot to right side, step onto Left foot beside Right foot
- 3&4 Step Right foot forward, step onto Left foot beside Right foot, step Right foot forward
- 5 6 Step Left foot to left side, Step onto Right foot beside Left foot # add ENDING here during Wall 13 facing 12:00
- 7&8 Step Left foot back, Step onto Right foot beside Left foot, Step Left foot back

[9 – 16] ROCK BACK, RECOVER FORWARD, ¼ PIVOT TURN LEFT, CROSS IN FRONT, TAP BEHIND, STEP BACK. SIDE

- 1 2 Step/rock Right foot back, recover forward onto Left foot
- 3 4 Step Right foot forward, Turn 1/4 left on balls of both feet transferring weight onto Left foot (9:00)
- 5 6 Facing left diagonal step/cross Right foot over in front of Left foot, Tap Left toe behind Right heel
- 7 8 Step Left foot back, Step Right foot to right side straightening up to side wall (9:00)

[17 – 24] CROSS IN FRONT, TAP BEHIND, STEP BACK, SIDE, ½ PIVOT TURN LEFT, ¼ PIVOT TURN LEFT

- 1 2 Facing right diagonal step/cross Left foot over in front of Right foot, Tap Right toe behind Left heel
- 3 4 Step Right foot back, Step Left foot to left side straightening up to side wall (9:00)
- 5 6 Step Right foot forward, Turn 1/2 left on balls of both feet transferring weight onto Left foot (3:00)
- 7 8 Step Right foot forward, Turn ¼ left of balls of both feet transferring weight onto Left foot (12:00)

[25 – 32] CROSS ROCK, RECOVER BACK, BALL, CROSS, POINT/TOUCH TO RIGHT SIDE, RIGHT SAILOR STEP, LEFT SAILOR STEP WITH ¼ TURN LEFT

- 1 28Cross/Rock Right foot over in front of Left foot, Recover back onto Left foot, Step Right foot to right side
- 3 4 Cross Left foot over in front of Right foot, Point/touch Right toe to right side (weight remains on Left)
- 5&6 Cross Right foot behind Left foot, Step Left foot slightly to left side, Step/recover sideways right onto Right foot
- 7&8 Cross Left foot behind Right foot, Turn ¼ left and step Right foot slightly to right side, Step/recover sideways onto Left foot (9:00)

ENDING: - facing 12:00 replace counts 7 -12 as below ...music slows down quite a lot at this point [7 – 12] HOLD, SIDE ROCK, RECOVER FORWARD, CROSS, POINT/TOUCH TO SIDE, HOLD

- 7 Hold (weight should be on Right foot)
- Step/rock Left foot to left side, Recover sideways onto Right foot, Cross Left foot over in front 8 - 10 of Right foot
- 11 12 Point/touch Right toe to right side (weight remains on Left), Hold





牆數:4

Thank you, Glyn Powell for asking me to choreograph a dance to this lovely track.... I hope that your class likes it.

Please email if you'd like a shortened version of this song with a different ending as a result of the shortening \Box . (comment added 24/03/2022)

email: christine@silverliningdance.co.nz website: www.silverliningdance.co.nz

Last Update - 24 Mar. 2022