

Sapling

拍數: 32 牆數: 2 級數: Easy Improver NC2S
編舞者: Sebastiaan Holtland (NL) - April 2022
音樂: Sapling (feat. Rag'n'Bone Man) - Foy Vance



No tags or restarts. Introduction: Slow 16 counts, start approx 16 sec.

Optional Note:

On the count 5,6 in part 4 you can make with both hands an vist and pull your both elbows down. (when you hear strong in the song).

Part 1. [1-8] Syncopated Weave R, L Step with Sweep R, Cross, Side, Back Rock R, Step, Lock, Step Back R.

1,2& Step Rf to R (1), Step Lf behind Rf (2), Step Rf to R (&).
3 Step Lf fwd and sweep Rf From back to front (3).
4& Step Rf across Lf (4), Step Lf to L (&).
5,6 Rock Rf back (5), Recover back onto Lf (6).
7&8 Step Rf back (7), Lock Lf in front off Rf (&), Step Rf back (8).

Part 2. [9-16] Syncopated Weave L with Step Sweep L, Cross, Side, Back Rock L, Step, Lock Step Fwd L.

1,2& Step Lf to L (1), Step Rf behind Lf (2), Step Lf to L (&).
3 Step Rf fwd and sweep Lf From back to front (3).
4& Step Lf across Rf (4), Step Rf to R (&).
5,6 Rock Lf back (5), Recover back onto Rf (6).
7&8 Step Lf fwd (7), Lock Rf behind Lf (&), Step Lf fwd (8).

Part 3. [17-24] Basic Nightclub R, Big Step L, Back Rock R ¼ Turn L, Basic Nightclub R, Side L, Touch Together.

1,2& Step Rf to R (1), Drag Lf together Rf (2), Step Rf across Lf (&).
3,4& Step Lf big to R (3), Rock Rf back (4), Make ¼ turn L (9.00) recover back onto Lf (&).
5,6& Step Rf to R (5), Drag Lf together Rf (6), Step Rf across Lf (&).
7,8 Step Lf to L (7), Touch Rf beside Lf (8).

Part 4. [25-32] R Side, L Cross Rock Back, L Side, R Rock Behind ¼ Turn L, R Step, Rising Knee L, Side R, Sways R, L.

1,2& Step Rf to R (1), Rock Lf back (2), recover back onto Rf (&).
3 Step Lf to L (3).
4& Rock Rf back (2), Make ¼ turn L (6.00) recover back onto Lf (&).
5,6 Step Rf fwd and rising L knee up (5), Step Lf back in place (6).
7,8 Step Rf to R and sway R hip to R (7), Sway L hip to L weight onto Lf (8).

REPEAT THE DANCE AND HAVE FUN!!