

The Saptan

拍數: 112 牆數: 2 級數: Phrased Intermediate / Advanced
編舞者: Angéline Fourmage (FR) - 9 June 2022
音樂: The Saptan - Alpine Universe



Start : 13s approximately (On the lyrics)
Sequence : A-B-A(24)-B- B(16)-A(24)-B(56)-Final

Part A : 48 Counts

[1-8] ½ R Box, Hold, Galop, Hold

1-2 RF to the R side, Make ¼ R with LF to the L side
3-4 Make ¼ R with RF to the R side, Hold
5&6& Gallop (LF FW, RF next to LF, LF FW, RF next to LF)
7-8 LF FW, Hold

[9-16] ½ R Box, Hold, Galop, Hold

1-2 RF to the R side, Make ¼ R with LF to the L side
3-4 Make ¼ R with RF to the R side, Hold
5&6& Galop (LF FW, RF next to LF, LF FW, RF next to LF)
7-8 LF FW, Hold

[17-24] Jazz-Box, Jump, Sailor-Step, Sailor-Step

1-2 Cross RF over LF, LF Back
3-4 RF to the R side, Jump (Feet on the center)
5&6 Sailor-Step (Cross RF behind LF, LF to the L side, RF to the R side)
7&8 Sailor-Step (Cross LF behind RF, RF to the R side, LF to the L side) (*Part B)

[25-32] 1/8 R, Back, Step ¼ R, Brush, Walk, Rock-Step

1-2 Make 1/8 R with RF Back, LF Back
3-4 Make ¼ R with RF FW, Brush LF FW
5-6 LF FW, RF FW
7-8 LF FW, Recover to RF

[33-40] Back, Back, 1/8 L, Brush, Cross, ¼, ½, ¼, Side

1-2 LF Back, RF Back
3-4 Make 1/8 L with LF to the L side, Brush RF next to LF
5-6 Cross RF over LF, Make ¼ L with LF FW
7-8 Make ½ L with RF Back, Make ¼ L with LF to the L side

[41-48] ½ R Box, Hold, Galop, Hold, Jump

1-2 RF to the R side, Make ¼ R with LF to the L side
3-4 Make ¼ R with RF to the R side, Hold
5&6& Galop (LF FW, RF next to LF, LF FW, RF next to LF)
7-8 LF FW, Jump (Feet on the center)

Part B : 64 Counts

[1-8] Out, Out, Slap, Slap, Clap, Side Arm, Side Arm, Jump, Hold

1-2 RF to the R side, LF to the L side
3&4 Slap your R thigh, Slap your L thigh, Clap
5-6 R Arm to the R side, L Arm to the L side
7-8 Jump feet to the center (Arm Up), Hold

[9-16] Rock-Step, Hitch, ½ R Cross-Shuffle, ¼ L Step Forward, Drag, Step Forward, Drag

- 1-2 Cross RF over LF, Recover to LF with R Hitch FW
- 3-4 Make 1/2 R with Cross-Shuffle (Make 1/2 R with RF over LF, LF to the L side, Cross RF over LF)
- 5-6 Make ¼ L with LF FW Drag RF next to LF, Drag RF next to LF
- 7-8 RF FW with Drag LF next to RF, Drag LF next to RF (For Restart A Make ¼ L with RF to the R Side, LF next to RF)

[17-24] Step-Turn ½ R, Step, ½ L, ½ L, Wizard

- 1-2 LF FW, ½ R
- 3&4 LF FW, ½ L with RF Back, ½ L with LF FW
- 5-6& RF FW, Cross LF behind RF, RF FW
- 7-8& LF FW, Cross RF behind LF, LF FW

[25-32] Rock-Step, Weave, Brushx3, Step, Brushx3

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

[33-40] Vaudeville, Step-Turn ½ L (Slowly)

- 1&2& Cross RF over LF, LF to the L side, Touch R Heel on R diagonal, RF to the R side
- 3&4& Cross LF over RF, RF to the R side, Touch L Heel on L diagonal, LF to the L side
- 5 Cross RF over LF
- 6-7-8 Make ½ L Slowly (Finish weight is on LF)

[41-48] Vaudeville, Spiral-Turn

- 1&2& Cross RF over LF, LF to the L side, Touch R Heel on R diagonal, RF to the R side
- 3&4& Cross LF over RF, RF to the R side, Touch L Heel on L diagonal, LF to the L side
- 5 Cross RF over LF
- 6-7-8 Make full-turn Slowly (Finish weight on LF)

[49-56] Monterey Turn, Run Back, Rock-Step, Triple-Step

- 1-2 Point RF to the R side, Make a full turn (feet together, finish weight is on RF)
- 3&4 LF Back, RF Back, LF Back
- 5-6 RF Back, Recover to LF
- 7&8 RF FW, LF next to RF, RF FW (Start final)

[57-64] Rock-Step, Step, Lock, Step, Ball, Side, Drag, Touch

- 1-2 LF FW, Recover to RF
- 3&4& LF Back, Cross RF over LF, LF Back, RF next to LF
- 5-6-7 Drag LF next to RF
- 8 Touch RF next to LF

Final : 32 count

[1-8] Forward, Drag, Forward, Drag, Touch

- 1-2 LF FW with R Drag, Drag RF next to LF
- 3-4 Drag RF next to LF, Touch RF next to LF
- 5-6 RF FW with L Drag, Drag LF next to RF
- 7-8 Drag LF next to RF, Touch LF next to RF

[9-16] Side, Drag, Side, Drag, Touch

- 1-2 LF to the L side with R Drag, Drag RF next to LF
- 3-4 Drag RF next to LF, Touch RF next to LF
- 5-6 RF to the R side with L Drag, Drag LF next to RF
- 7-8 Drag LF next to RF, Touch LF next to RF

[17-24] Back, Drag, Back, Drag, Touch

- 1-2 LF Back with R Drag, Drag RF next to LF
- 3-4- Drag RF next to LF, Touch RF next to LF
- 5-6 RF Back with L Drag, Drag LF next to RF
- 7-8 Drag LF next to RF, Touch LF next to RF

[25-32] Side, Drag, Side, Drag, Touch

- 1-2 LF to the L side with R Drag, Drag RF next to LF
- 3-4 Drag RF next to LF, Touch RF next to LF
- 5-6 RF to the R side with L Drag, Drag LF next to RF
- 7-8 Drag LF next to RF, Touch LF next to RF

Option Final: 32 counts Walk full turn with drag

P.S : For the Arms, watch the video

Smile and enjoy the dance

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