

# Chameleon

拍數: 32      牆數: 4      級數: Improver  
編舞者: Gerard Murphy (CAN) & Hayley Wheatley (UK) - June 2022  
音樂: Chameleon - PNAU



## #64 Count Intro

(NO TAGS OR RESTARTS but with optional intro & ending)

### S1: SIDE ROCK, RECOVER, TRIPLE STEP, SIDE ROCK, RECOVER, TRIPLE STEP

1-2            Rock RF to R side (1), Recover onto LF (2) 12:00  
3&4           Step RF in place (3), Step LF in place (&) Step RF in place (4) 12:00  
5-6           Rock LF to L side (5), Recover onto RF (6) 12:00  
7&8           Step LF in place (7), Step RF in place (&) Step LF in place (8) 12:00

### S2: PIVOT ½ TURN, PIVOT ¼ TURN, STEP SIDE, CROSS, STEP SIDE, CROSS

1-2            Step fwd on RF (1), pivot ½ turn L (2) 6:00  
3-4            Step fwd on RF (3) Pivot ¼ turn L (4) (Weight ends on LF) 3:00  
5-6            Step RF to R side (5), Cross LF over R (6) 3:00  
7-8            Step RF to R side (7), Cross LF over R (8) 3:00

### S3: STEP BACK, STEP SIDE, STEP LOCK FORWARD, FORWARD COASTER STEP, WALKS BACK

1-2            Step back on RF (1), Step LF to L side (2), 3:00  
3&4            Step fwd on RF (3), Lock LF behind RF (&) Step fwd on RF (4) 3:00  
5&6            Step fwd on LF (5), Close RF beside LF (&) Step back on LF (6) 3:00  
7-8            Walk back on RF (7), Walk back on LF (8) 3:00

### S4: COASTER STEP, DIAGONAL STEP WITH DIP, HEEL SWITCHES, PIVOT ½ TURN

1&2            Step back on RF (1), Close LF beside RF (&) Step fwd on RF (2) 3:00  
3-4            Step LF to L diagonal while bending knees (3), Drag RF beside LF while straightening knees (4) (weight remains on LF) 3:00  
5&6&          Tap R heel fwd (5), Step RF beside LF (&), Tap L heel fwd (6) Step LF beside RF (&) 3:00  
7-8            Step fwd on RF (7), Pivot ½ turn L (8) 9:00

This Dance has a long 64 count introduction, to make the dance more fun you have the option of incorporating the following choreography into this intro.

#### Counts 1-32: PRAYER POSE

[1-32] Close hands together at chest height in a praying pose.  
(In Yoga this is called the pranamasana/namaste pose.) 12:00

#### Counts 33-48:

##### S1: HALF TURN R WITH PALM UP, HALF TURN L WITH PALM UP,

1&2&          Step RF 1/8 turn R (1), Close LF beside RF (&), Step RF 1/8 turn R (2), Close LF beside RF (&) 3:00  
3&4            Step RF 1/8 turn R (3), Close LF beside RF (&), Step RF 1/8 turn R (4)

Complete the above ½ turn circle with L hand on hip and R hand out to side at shoulder height with palm facing upwards. 6:00

5&6&          Step LF 1/8 turn L (5), Close RF beside LF (&), Step LF 1/8 turn L (6), Close RF beside LF (&) 3:00

7&8            Step LF 1/8 turn L (7), Close RF beside LF (&), Step LF 1/8 turn L (8), Complete the above ½ turn circle with R hand on hip and L hand out to side at shoulder height with palm facing upwards. 12:00

##### S2: V-STEP WITH ARMS, MARCH ON SPOT AND ZIG ZAG HANDS

- 1-2 Step RF out to R diagonal while raising R hand (1), Step LF out to L diagonal while raising L hand (2) 12:00
- 3-4 Step RF in while bringing R hand in and down to waist height with palm facing outward (3), Step LF beside RF while bringing L hand in and down to waist height with palm facing outward (4) 12:00
- 5-6-7-8 March on the spot R,L,R,L while zig-zagging hands, palms facing outwards to the R,L,R,L. The hands will move higher with each zig-zag push. (5-6-7-8) 12:00

**Counts 49-64: Repeat the above sections that make up counts 33-48**

**Optional ending: During wall 9, dance up to count 30& and then add the following steps for a front wall finish.**

**Ending: WALK, CLOSE, ARMS INTO PRAYER POSE, CHAIR POSE**

- 1-2 Step fwd on RF, (1) Step LF beside RF (2) 12:00
- 3-4 Raise arms out to side(3) and begin bringing them together at chest height (4) 12:00
- 5-6 Bring hands back into the chest height prayer pose (5), Bend knees into a resting chair pose for a "namaste" finish (6) 12:00
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