Sutter's Mill Gold (P)



拍數: 80 牆數: 0 級數: Partner

編舞者: Marie-Odile Jélinek (FR) - 10 September 2020

音樂: Sutter's Mill - Dan Fogelberg



Part A: 7 x 48 counts (Partners in Circle)

intro of 8X8- BPM 134 - Jerry Douglas at the Dobro

Part B (Solo): 32 in « Style » Square Dance with « Chain » - Level : Beginner/Novice After the Solo : Final on

the 3 Last sections of Part A (25 to 48)

Dance starts at the lyrics "In The Spring..." The Steps of the cavalier are identical to those of his counterpart unless indicated.

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Position of the partners Part A : Sweetheart facing LOD . During the Solo of Part B : Dance positions : Cavalier : LOD-ILOD-LOD * Counterpart : LOD-ILOD-RLOD Dédicated to Bruno Le Grizzly for his

concert project and his Birthday

Hold on LF: Start in position SweetHeart

[1-8] WALK R, WALK L, TRIPLE FORWARD, WALK L, WALK R, TRIPLE FORWARD

1-2 Walk RF fwd, walk LF fwd

3&4 Triple step fwd : RF fwd, LF next to RF, RF fwd

5-6 Walk LF fwd, walk RF fwd

7&8 Triple Step fwd: LF fwd, RF next to LF, LF fwd

Here: Mister & Madam leave the Sweetheart Position while still dancing one next to the other

[9-12] R & L SIDE & TOUCHES - SIDE- TOGETHER- FWD + CLAP

1&2& Pose RF to R, Touch LF next to RF + Clap - Pose LF to L, Touch RF next to LF + Clap

3&4& RF to R, return LF next to RF + Clap - Pose RF fwd + Clap

[13-16] L & R SIDE & TOUCHES - SIDE - TOGETHER - FWD + CLAP

5&6& Pose LF to L, Touch RF next to LF + Clap - Pose RF to R, Touch LF next to RF + Clap

7&8& LF to L, gather RF next to LF + Clap - Pose LF to L fwd + Clap

Back in SweetHeart position

[17-24] ROCKING CHAIR R, HEEL STRUT.R, HEEL STRUT.L,

1-2 Rock RF fwd – Return on LF 3-4 Rock RF back – Return on LF

5-6 Heel R fwd - Plant RF 7-8 Heel L fwd - Plant LF

[25-32] RIGHT SCISSOR STEP, HOLD, LEFT SCISSOR STEP, HOLD

1- 2 RF to R, Gather LF next to RF, R, L
3-4 Cross RF in front of LF, Pause
5-6 LF step to L, Gather RF next to LF
7-8 Cross LF in front of RF, Pause

[33-36] ROCK STEP R, ROCK BACK R

LADY & MAN: 1 - 2 RF fwd, return on LF LADY & MAN: 3 - 4 RF back, return on LF

FOR THE LADY: 37-40 FULL TURN R (TO THE LEFT)

5-6-7-8 RF Turn and Turn to L: RF, LF, RF, Toe Touch LF next to RF

FOR THE MAN: 37-40 LOCK STEP LOCK FORWARD, R, L, R TOE TOUCH LF next to RF

5-6-7-8 Pose RF fwd, Cross LF behind RF, RF fwd, Toe Touch LF next to RF

[41-44] ROCK STEP, ROCK BACK, ROCK STEP.L

LADY & MAN: 1-2 LF fwd, return on RF LADY & MAN: 3-4 LF back, return on RF

FOR THE LADY: 45-48 FULL TURN L (TO THE RIGHT)

5-6-7-8 LF Turn and Turn to R: LF, RF, LF, Toe Touch RF next to LF

FOR THE MAN: 45 - 48 LOCK STEP LOCK LEFT FORWARD, L, R, L, TOUCH RF

5-6-7-8 Pose LF fwd, cross RF behind LF, LF fwd, Toe Touch RF next to LF

SOLO PART

I: LADY - Hold on LF - LOD

[1to 4] R WALK 1/4 TURN ON LEFT, L, R WALK FORWARD, L TOUCH + CLAP

1 Walk RF pivot 1/4 turn to left (ILOD)

2-3 Walk LF fwd, walk RF fwd4 LF TOUCH next to RF + Clap

[5-8] WALK L , R Back-STEP L 1/4 TURN ON LEFT

Walk RF back, Walk LF back
Pose LF to L pivot ¼ Turn to left
RF TOUCH next to LF + Clap (RLOD)

I: MAN - Hold on LF - LOD

[1-8] STEP R SIDE, TOUCH L, STEP L SIDE, TOUCH R

1 -2 RF to right, Touch point LF next to RF
3-4 LF to left, Touch point RF next to LF
5-6 RF to right, Touch point LF next to RF
7-8 ¼ Turn to L, Touch point RF next to LF

II: LADY - Hold on LF

[9 to 16] STEP R SIDE, TOUCH L, STEP L SIDE, TOUCH R

1 -2 RF to right, Touch point LF next to RF
3-4 LF to left, Touch point RF next to LF
5-6 RF to right, Touch point LF next to RF
7-8 LF to left, Touch point RF next to LF (RLOD)

II: MAN - Hold on LF

[9 to 12] R, L, R WALK FORWARD, L TOUCH + CLAP

1-3 Walk RF, Walk LF fwd, walk RF fwd (ILOD)

4 LF TOUCH next to RF + Clap

[13 to 16] WALK L, R Back-WALK L 1/4 TURN ON RIGHT, R TOUCH + CLAP

5 – 6 Walk LF back, Walk RF back

7 Walk LF pivot ¼ Turn to Right (LOD)

Here Man and Lady : The Partners find themselves in the dance Positions :

CHALLENGE THEN OPEN CROSS HAND THEN SWEETHEART. They'll do the same steps but inversed

[17to24] R. L WALK FORWARD, ½ TURN, R CROSS RIGHT HANDS CHAIN.

1-2 Walk RF fwd - walk LF fwd then take each other by the 2 right hands

3-4 ½ Turn to the Right while Walking RF - LF

REPEAT THE SAME SECTION SWITCHING LEFT HANDS CHAIN

5-6 Walk RF fwd - walk LF fwd then take each other by the 2 left hands

7-8 ½ Turn Left while Walking RF - LF

[25 to 32] R, L WALK FORWARD, 1/2 TURN, CROSS HAND, SWAY, L, R TOE

TOUCH

1-2	Walk RF fwd - walk LF fwd (both right hands joined)
3-4	Mr stays in Place while doing 2 Steps Left -Right
3-4	Ms ½ Turn to the Right while Walking - RF Lady goes under Man's
а	rms - LF in Position SweetHeart LOD
5-6	RF to R while lightly balancing the body to the R - Toe Touch L next to RF
7-8	LE to L while lightly balacing the body to the L - Toe Touch R next to LE

FINAL PART A: Resume 3 last sections of Part A (from 25 to 48 Counts) + Salute your Partner [25-32] RIGHT SCISSOR STEP, HOLD, LEFT SCISSOR STEP, HOLD

1- 2 RF to R, Gather LF next to RF, D, G
3-4 Cross RF in front of LF, Pause
5-6 LF step to L, Gather RF next to LF
7-8 Cross LF in front of RF, Pause

[33-36] ROCK STEP R, ROCK BACK R (The Same Steps For Lady & Man)

LADY & MEN: 1 - 2 RF fwd, return on LF LADY & MEN: 3 - 4 RF back, return on LF

FOR THE LADY: 37-40 FULL TURN R (TO THE LEFT)

5-6-7-8 RF Turn and Turn to L: RF, LF, RF, Toe Touch LF next to RF

FOR THE MAN: 37-40 LOCK STEP LOCK FORWARD, R, L, R TOE TOUCH LF next to RF

5-6-7-8 Pose RF fwd, Cross LF behind RF, RF fwd, Toe Touch LF next to RF

FOR THE LADY & MAN: 41-44 ROCK STEP, ROCK BACK, ROCK STEP.L

LADY & MAN: 1-2 LF fwd, return on RF LADY & MAN: 3-4 LF back, return on RF

FOR THE LADY: 45-48 FULL TURN L (TO THE RIGHT)

5-6-7-8 LF Turn and Turn to R: LF, RF, LF, Toe Touch RF next to LF

FOR THE MAN: 45-48 LOCK STEP LOCK LEFT FORWARD, L, R, L, TOUCH RF

5-6-7-8 Pose LF fwd, cross RF behind LF, LF fwd, Toe Touch RF next to LF

Last Update - 14 Oct. 2020 NTA NUMBER: 10149

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