

A Single Word

拍數: 32 牆數: 4 級數: Intermediate NC2S
編舞者: Norman Gifford (USA) - October 2022
音樂: Words (feat. Dolly Parton) - Barry Gibb : (CD: Greenfields)



(NC2 right ½ turn, side-cross-side, behind-side-cross, step side, step back)

- 1-2& Right long step side; left rock behind; right replace
- 3-4& Left step forward in ½ turn right [6:00]; right step side; left crossover
- 5-6& Right step side; left behind; right step side
- 7-8& Left cross-rock; right replace; left step side [6:00]

(Right crossover; left step side in reverse turn ½ right, right step side, left step forward right diagonal right knee lift, right step back, turn ¼ left stepping side, step forward left diagonal left knee lift, 2 steps back, turn 1/8 left, right behind, left step side)

- 1 Right crossover [6:00]
- 2& Left step side turning ½ right [12:00]; right step side
- 3 Left step right diagonal bringing right knee up [1:30]
- 4& Right step back; left step side turning ¼ left [10:30]
- 5 Right step forward left diagonal bringing left knee up [10:30]
- 6&7 Left step back; right step back [10:30]; turn 1/8 left stepping side [9:00]
- 8& Right behind; left step side ***E

(Sweeping diamond pattern turning left in a clockwise circle)

- 1 Right step forward left diagonal [7:30]
- 2&3 Left sweep across; right step side turning ¼ left; left step back [4:30]
- 4&5 Right sweep behind; left step side turning ¼ left; right step forward [1:30]
- 6&7 Left sweep across; right step side turning ¼ left; left step back [10:30]
- 8& Right sweep behind; left step side turning front [9:00]

(Lunge forward, replace, side, lunge diagonal, replace, side, crossover, scissor-step, side, crossover)

- 1 Right lunge forward left diagonal
- 2& Left replace; right stepping side [9:00]
- 3 Left lunge forward right diagonal [10:30]
- 4& Right replace; square up left stepping side [9:00]
- 5 Right crossover
- 6&7 Left step side; right step back; left crossover
- 8& Right step side; left crossover [9:00]

BEGIN AGAIN

*** ENDING: On Wall #7

Music rhythm slows dramatically. Step in time with the lyrics.

Take weight on the bolded lyrics, you will be facing 3:00

- 1 Turn ¼ left right stepping side [12:00] ("words")

(Gracefully sweep right arm out to side)

- 2& Pause ("and")
- 3 Left step side ("words")

(Gracefully sweep left arm out to side)

- 4& Pause ("are all I")
- 5-6 Step/sway side stepping on right ("have")

(Bring hands together in front, palms up)

- & ("to")

7 Step on left touching right together ("take your heart a-")
(Bring hands slowly crossing in front of your heart)
8& Pause
1 Right step forward in pose ("-way")
(Slowly spread arms open outward with palms up)

Last Update: 31 Oct 2022
