

Trustfall

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alison Johnstone (AUS) & Colin Ghys (BEL) - February 2023
音樂: TRUSTFALL - P!nk : (Apple, Amazon etc.)



Intro: 16 Count Intro (start on vocals)
Restart: Wall 3at count 40 - Restart to 12

[1-8&]: STEP OUT R, L, BACK LOCK STEP, ½ OVER L (&), STEP OUT L, R, BACK LOCK STEP (6.00)

1 2 Step fwd & out on R, Step fwd and out on L
3&4 Step back R, Lock L over R (&), Step back R
&5 6 ½ over L on R foot (&) (6.00), Step fwd & out on L, Step fwd and out on R
7&8 Step back L, Lock R over L (&), Step back L

[9-16&]: ¼ OVER R BALL (&), CROSS, HOLD, BALL (&) CROSS BEHIND, HOLD, BALL (&) CROSS ROCK, RECOVER. ¼ OVER L SHUFFLE FWD (6.00)

&1 2 ¼ Ball step over R onto R (&) (9.00), Cross L over R, Hold
&3 4 Ball step R to side (&), Cross L behind R, Hold
&5 6 Ball step R to side (&), Cross Rock fwd L, Recover R
7&8 ¼ over L stepping fwd L (6.00), Step R together (&), Step fwd L

[17-24]: ½ OVER L BACK ON R, ½ OVER L FWD ON L, SHUFFLE, ROCK, RECOVER, BACK, BACK

1 2 ½ over L stepping back on R, ½ over L stepping fwd on L
3&4 Step fwd R, Step L together (&), Step fwd R
5 6 Rock fwd L, Recover R
7 8 Walk back L, Walk back R

[25-32]: BACK STEP OUT L (&), STEP OUT R, BACK, BACK ROCK, RECOVER, ¼ OVER L STEP R SIDE, HOLD

BALL (&), STEPR SIDE, TOUCH L INTO R (9.00)
&1 2 Step L back and out (&), Step R back and out, Step back on L
3 4 Rock back on R, Recover L
5 6 ¼ over L stepping R to side (3.00), Hold
&7 8 Ball step L next to R (&), Step R to side, Touch L next to R

[33-40]: 1 ¼ ROLLING VINE WITH BRUSH, JAZZ STEP FWD (12.00)

1 2 ¼ over L stepping Fwd L, ½ over L stepping back on R
3 4 ½ over L stepping fwd L (12.00), Brush Rt fwd
5 6 Cross R over L, Step back on L
7 8 Step R to side, Step fwd on L

**** Restart here during Wall 3 facing 12.00****

[41-48]: ROCK, RECOVER, ¼ OVER R BALL (&), CROSS, SIDE, BEHIND, SIDE(&), CROSS, SIDE ROCK, RECOVER (3.00)

1 2 Rock fwd on R, Recover on L
&3 4 ¼ Ball step over R onto R (&) (3.00), Cross L over R, Step R to side
5&6 Step L behind R, Step R to side (&), Cross L over R
7 8 Rock R to side, Recover on L

[49-56]: BEHIND, HOLD, BALL (&), CROSS, UNWIND ½ OVER L (9.00), PADDLE ¼ PADDLE ¼ (3.00)

1 2 Step R behind L, Hold
&3 4 Ball step side onto L (&), Cross R over L, Unwind ½ over L weight ends on L
5 6 Touch R fwd, Paddle ¼ (6.00)

7 8 Touch R fwd, Paddle ¼ (3.00)

[57-64]: CROSS, SIDE, BEHIND (&), SIDE, ROCK FWD, RECOVER, ¼ OVER R, ROCK FWD, RECOVER, STEP TOGETHER (6.00)

12& Cross R over L, Step L to side, Cross R behind L (&),

3 4 5 Step L to side, Rock fwd on R, Recover L

6 7 ¼ over R stepping R fwd (6.00), Rock fwd on L,

8& Recover on R, Step L next to R (&)

**ENDING: Dance to count 32 facing 3, Step L to 12
TADA!!!**

This dance is dedicated to Colin's Grandad "James" who was Colin's TRUSTFALL

Thank you to Emmy Legni for this fantastic track

Last Update: 22 Feb 2023
