

The Ballet Girl

拍數: 64 牆數: 2 級數: Improver
編舞者: Jan Nielsen - May 2023
音樂: The Ballet Girl - Aden Foyer : (iTunes)



Intro: 16 counts app 10 sec.

[1-8] ROCK FW, SHUFFLE BACK, BACK ROCK, SHUFFLE FW

1 – 2 Rock R fw, Recover on L
3 & 4 Step back on R, Step L next to R, Step back on R
5 – 6 Rock L back, Recover on R
7 & 8 Step L fw, Step R next to L, Step L fw

[9-16] CROSS POINT X2, JAZZ BOX 1/4 R

1 – 4 Cross R in front of L, Point L to L side, Cross L in front of R, Point R to R side
5 – 8 Cross R in front of L, Turn ¼ R step back on L, Step R to R side, Step L fw (3:00)

[17-24] ROCKING CHAIR, 1/2 PIVOT L X2

1 – 4 Rock R fw, Recover on L, Rock R back, Recover on L
5 – 8 Step R fw, Turn ½ L step L to L side, Step R fw, Turn ½ L step L to L side (3:00)

[25-32] ROCK FW, SHUFFLE 1/2 R, SHUFFLE 1/2 R, BACK ROCK

1 – 2 Rock R fw, Recover on L
3 & 4 Turn ¼ R step R to R side, Step L next to R, Turn ¼ R step R fw (9:00)
5 – 6 Turn ¼ R step L to L side Step R next to L, Turn ¼ R step back on L (3:00)
7 & 8 Rock back on R, Recover on L

[33-40] WEAVE L, SWEEP, BEHIND SIDE, STEP FW, TOUCH

1 – 4 Cross R in front of L, Step L to L side, Cross R behind L, Sweep L from front to back
5 – 8 Cross L behind R, Step R to R side, Step fw on L, Touch R next to L

[41-48] SIDE DRAG R, BACK ROCK, SIDE DRAG L, BACK ROCK

1 – 4 Step R long step to R side, Drag L to R, Rock back on L behind R, Recover on R
5 – 8 Step L log step to L side, Drag R to L, Rock back on R behind L, Recover on L

[49-56] FIGURE 8 R

1 – 4 Step R to R side, Cross L behind R, Turn ¼ R step R fw, Step fw on L (6:00)
5 – 8 Turn ½ R step R fw, Turn ¼ R step L to L side, Cross R behind L, Step L to L side (3:00)

[57-64] CROSS R, POINT L, CROSS L BACK, POINT R, JAZZ 1/4 R

1 – 4 Cross R in front of L, Point L fw to L diagonal, Cross L back behind R, Point R back to R diagonal
5 – 8 Cross R in front of L, Turn ¼ R step back on L, Step R to R side, Step L fw (6:00)

Begin Again

TAG aft. wall 2 – Rocking Chair (12:00)

1 – 4 Rock R fw, Recover on L, Rock R back, Recover on L

ENDING – Wall 6 (6.00) after 48 Count now facing (9:00) – Turn ¼ R stepping R fw to face (12:00)

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