

Cocoon Waltz

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Snow (SG) - August 2023
音樂: Cocoon (繭) - Zhou Shen (周深) : (The Long Ballad OST)



Intro: 24 counts instrumental (4 x 6). 4 heavy first beats.
Start dancing on vocals.

Total: 10 walls
tag (after wall 5)
No restarts

[1-6] Cross lock step to R, L rock recover side.

1-3 Big step L over right, drag R, step R behind left.
4-6 Cross L over right, recover on R, step L to side. [12:00]

[7-12] Cross lock step to L, R rock recover, ¼ step R

1-3 Big step R over left, drag L, step L behind right.
4-6 Cross R over right, recover on L, step R to side with ¼ turn to right. [3:00]

[13-18] Cross lock step to R, L twinkle

1-3 Big step L over right, drag R to side, step R behind left.
4-6 Cross L over right, step R beside left, step L to side. [3:00]

[19-24] R diagonal, L lift/ hitch, R hook.

1-3 R step diagonally forward to 1:30, L lift/ hitch, L kick forward.
4-6 Step L back, R hook over L and straighten back to 3:00. [3:00]

[25-30] R twinkle ½ turn, L twinkle ¼ turn

1-3 Cross R over left, step L beside right with ¼ turn to right, step R to side with ¼ turn to right
 [9:00]
4-6 Cross L over right, step R beside left, step L to side with ¼ turn to left. [6:00]

[31-36] R cross point, L back point

1-3 Cross R over left, point L to left, hold.
4-6 Cross L behind right, point R to right, hold. [6:00]

[37-42] Monterey ½ turn R, L cross unwind full turn with sweep R

1-3 Step R beside left with ½ turn to right, point L to left, hold. [12:00]
4-6 Cross L over right, step down on L and unwind full turn to right, sweep R from front to back.
 [12:00]

Easy version: step back on L, sweep R from front to back over 2 counts. [12:00]

[43-48] Weave to L, L big step, ¼ turn R and close

1-3 Cross R behind left, step L beside right, cross R over left.
4-6 Big step L to left, drag R to left, step R beside L with ¼ turn to right (weight on right). [3:00]

Tag (6 counts)

After wall 5 [3:00]

[1-6] Sway L and R.

1-3 Step L to left with sway (weight on left).
4-6 Step R to right with sway (weight on right). [3:00]

Ending (6 counts)

After wall 10 [6:00]

[1-6] Cross unwind ½ turn R with sweep

1-5 Cross L over right, slow unwind ½ turn right and sweep R from front to back.

6 Point R behind left. [12:00]

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Please feel free to dance, video, share!
