

Un Deux Trios

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Hiroko Carlsson (AUS) - November 2023
音樂: Un Deux Trois (feat. Amanda Collis) - LIZOT : (Spotify/Apple Music)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(16 counts intro/Start on the words "Ever since")

[S1] Rolling Vine w/ Scuff, Cross Rock, Side Shuffle

1 2 Make a ¼ turn right stepping forward on R, Make a ½ turn right stepping back on L
3 4 Make a ¼ turn right stepping R to the side (12:00), Scuff L
5 6 Rock/cross L over R, Replace weight on R
7&8 Step L to the side, Step R close to L, Step L to the side

[S2] Cross Rock-1/4R-Spin, Fwd-Touch-Hold, Fwd-Touch-Hold

&1 2 Rock/cross R over L, Replace weight on L, Make a ¼ turn right stepping forward on R (3:00)
3 4 Step forward with L foot as you simultaneously spin to the right on the ball of L over 2 counts (3:00)
&5 6 Step/hop diagonally forward on R, Touch L next to R, Hold
&7 8 Step/hop diagonally forward on L, Touch R next to L, Hold

[S3] Fwd Rock-1/4R-1/4R Side w/ Hitch, Back w/Hitch into Sailor Step w/Hitch, Behind

1 2 Rock forward on R, Replace weight on L
3 4 Make a ¼ turn right stepping forward on R (6:00), Make a ¼ turn right stepping L to the side and simultaneously lift your R knee to the side (9:00)
5 6& Step back on R and simultaneously lift your L knee to the side, Step L behind R, Step R to the side
7 8 Step L to the side and simultaneously lift your R knee to the side, Step R behind L

[S4] 1/4L Shuffle Fwd, Step-Pivot 1/2L-3/4L Turn, Cross Rock

1&2 Making a ¼ turn left shuffle forward on L-R-L (6:00)
3 4 Step forward on R, Make a ½ turn left recover weight on L (12:00)
5 6 Make a ½ turn left stepping back on R, Make ¼ turn left stepping L to the side (3:00)
7 8 Rock/cross R over L, Replace weight on L

No tags or restarts

Ending suggestion: The last wall ends facing 6:00. As you shift your weight back onto your left foot, make a swift ¾ turn to the right on the ball of your left foot, ending at the 12 o'clock.

(updated: 8/Nov/23)