Mein Aschenbrödel (My Cinderella)

牆數: 4

級數: Beginner

編舞者: Claudia Arndt (DE) - November 2023

音樂: Aschenbrödels Tanz mit dem Prinzen (Motiv I) - Karel Svoboda

Hint: The dance begins after 12 beats with the introduction of the actual music

S1: Basic forward, basic back 2x

拍數: 48

- 1-2-3 Step forward with right Bring left foot to right Step on the spot with right
- 4-5-6 Step backwards with the left bring the right foot closer to the left Step on the spot with the left
- 7-8-12 Same as 1-6

S2: Basic forward r + I turning 3/4 r

- 1-2-3 1/8 turn to the right and step forward with right foot bring left foot closer to right Step up the spot with the right (1:30)
- 4-5-6 1/4 turn to the right and step forward with the left bring the right foot closer to the left step up the spot with the left (4:30)
- 7-8-9 1/4 turn to the right and step forward with right put left foot to right step up the spot with the right (7:30)
- 10-11-12 1/8 turn to the right and step forward with the left Bring your right foot closer to your left Step on the spot with the left (9 o'clock)

S3: Basic side r + I, basic forward, basic back

- 1-2-3 Step to the right with the right Bring the left foot closer to the right Step on the spot with the right
- 4-5-6 Step to the left with the left Bring the right foot closer to the left Step on the spot with the left
- 7-8-9 Step forward with right Bring left foot to right Step on the spot with right
- 10-11-12 Step backwards with the left bring the right foot closer to the left step on the spot with the left

(End: The dance ends after '4-6' in the 9th round - towards 9 o'clock; dance the end sequence at the end)

S4: Basic forward turning ½ r, basic back turning ½ r, basic side r + I

- 1-2-3 1/4 turn to the right and step forward with right 1/4 turn right and left foot on on the right step on the spot with the right (3 o'clock)
- 4-5-6 1/4 turn to the right and step backwards with left 1/4 turn to the right and right foot on on the left step on the spot with the left (9 o'clock)
- 7-8-9 Step to the right with the right Bring the left foot closer to the right Step on the spot with the right
- 10-11-12 Step to the left with the left Bring the right foot closer to the left Step on the spot with the left

Repeat to the end

Ending (after the end of the 4th round - 12 o'clock)

Basic forward turning 3/4 r, basic back turning 1/2 r

- 7-8-9 1/4 turn to the right and step forward with right 1/4 turn right and left foot on right 1/4 turn to the right and step on the spot with the right (6 o'clock)
- 10-11-12 1/4 turn to the right and step forward with right 1/4 turn right and left foot on on the right step on the spot with the right (12 o'clock)

Step description was created by Get in Line

