

No. 7 Road

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Silvia Schill (DE) - December 2023
音樂: No. 7 Road - The Castellows



The dance begins with the vocals, with the 1st beat

S1: Side, flick behind, side, touch, kick, touch forward, heel swivel

- 1-2 Step right with right - LF flick up behind right leg
- 3-4 Step left with left - touch RF next to left
- 5-6 Kick RF forward - touch right toe in front/knee slightly bent
- 7-8 Turn right heel to the right - turn right heel back again

S2: Back, touch/clap, step, touch/clap, ¼ turn r, touch/clap, side, touch/clap

- 1-2 Step back with right - touch LF next to right/clap
- 3-4 Step forward with left - touch RF next to left/clap
- 5-6 ¼ turn right and step right with right - touch LF next to right/clap (3 o'clock)
- 7-8 Step left with left - touch RF next to left/clap

Restart: In the 3rd round - direction 6 o'clock - stop after '3-4' and start again from the beginning

S3: Toe strut side, ½ turn r/point, close, heel, close r + l

- 1-2 Step right with right, only set the toe down - lower the right heel
- 3-4 ½ turn right around and tap the left toe left/snap in hip height - move LF next to right (9 o'clock)
- 5-6 Tap right heel in front - move RF next to left
- 7-8 Tap left heel in front - move LF next to right

S4: Rock forward, ½ turn r/toe strut forward, ½ turn r/toe strut back, ½ turn r/toe strut forward

- 1-2 Step forward with right - weight back on LF
- 3-4 ½ turn right around and step forward with right, only set down the toe - lower the right heel (3 o'clock)
- 5-6 ½ Turn right around and step backwards with left, only set down the toe - lower the left heel (9 o'clock)
- 7-8 ½ Turn right around and step forward with right, only set down the toe - lower right heel (3 o'clock)

S5: Rock forward, back, kick l + r + l

- 1-2 Step forward with left - weight back on the RF
- 3-4 Step back with left - kick RF forward
- 5-6 Step back with right - kick LF forward
- 7-8 Step back with left - kick RF forward

Tag/restart: In the 6th round - towards 3 o'clock - stop here, dance the tag and start again, adapt to the tempo of the music

S6: Coaster step, hold, step, pivot ½ r, stomp forward, hold

- 1-2 Step back with right - move LF next to right
- 3-4 Step forward with right - hold
- 5-6 Step forward with left - ½ turn right around on both balls, weight at the end right 9 o'clock
- 7-8 Stomp the LF diagonally left in front - hold

S7: Cross, side, heel, close r + l

- 1-2 Cross RF over left - small step left with left
- 3-4 Tap right heel diagonally to the right in front - move RF next to left

5-6 Cross LF over right - small step right with right
7-8 Tap left heel diagonally to the left in front - move LF to right

Restart: In the 7th lap - towards 12 o'clock - stop after '3-4' and start again from the beginning

Repeat until the end

Tag:

Arm movements

1-8 Hold, stretching the arms forward, in a semicircle to the side and down again (we point to No. 7 Road, where it all began)

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

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