Dragonfly

級數: Novice +

編舞者: Lenny RICHARD (FR) - June 2024

音樂: Hold Your Horses - Tebey

For the Workshop at Feurs (42) on 1st June

Intro: 4X8 – No TAG No Restart

[1-8] : Shuffle, Shuffle 1/2, Shuffle 1/2, Sailor Step 1/2

- 1&2 RF on right, LF next to the RF, RF on right
- 3&4 1/2 turn left on RF (6h), LF on left, RF next to LF, LF on left

牆數:4

- 5&6 1/2 turn right on LF (12h), RF on right, LF next to RF, RF on right
- 7&8 1/2 turn cross LF behind RF (6h), RF next to LF, LF forward

[9-16] : Jumped Stomp Up X2, Side Rock, Behind Side Cross, Flick + Slap, Stomp

- &1&2 Jump LF on the right side, Stomp Up RF, Jump LF on the right side, Stomp Up RF
- 3-4 RF on right, Recover on LF
- 5&6 RF behind the LF, LF on left, Cross RF ahead LF
- 7-8 Raise LF on exterior + Slap LF with left hand, Stomp LF forward

[17-24] : Shuffle, Rock Step, Triple 1/2, Stomp, Heel Split

- 1&2 RF forward, LF next to the RF, RF forward
- 3-4 LF froward, Recover on RF
- 5&6 1/4 turn LF on left, RF next to LF (3h), 1/4 turn LF on the left (12h)
- 7&8 Stomp RF, Split both heels exterior and interior (Body Weight on LF)

[25-32] : Cross Shuffle, Shuffle 1/4, Modified Kick X4

- 1&2 Cross RF ahead LF, LF on left side, Cross RF ahead LF
- 3&4 1/4 turn (9h) LF forward, RF next to LF, LF forward
- 5-6 Kick RF with knee in interior, Kick RF with the knee in exterior
- 7-8 Kick RF with knee in interior, Kick RF with the knee in exterior
- & Little jump on the LF (For restarting the dance on RF)

Final : At the end of the 9th wall (After the 32 counts) just rotate 1/4 turn right.

LF = Left Foot RF = Right Foot





拍數: 32