

Relapse

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Edith Chabot (CAN) - October 2024
音樂: Relapse - Warren Zeiders



Tags/Restarts: wall 9, after 12 counts

Section 1: Chassé Right, Left Rock Back, ½ Turn Left , ½ Turn Right , Left Chassé Forward

1&2 Step right to right side, step left next to right, step right to right side
3-4 Rock left back, recover weight onto right
5-6 Turn ½ left stepping right back, turn ½ right stepping left forward
7&8 Step left forward, step right next to left, step left forward

Section 2: Chassé Right, Chassé with ¼ Turn Left, Right Kickball Change, Step Right Forward, Left Toe Point to Side

1&2 Step right to right side, step left next to right, step right to right side
3&4 Step left to left side, step right next to left, turn ¼ left and step left forward while lifting left knee slightly
5&6 Kick right forward, step right next to left, step left in place
7-8 Step right forward, point left toe to left side

Tag (Wall 9): After the first 12 counts, add the following

Out out, in in

1-2 Step right foot out to the right side, step left foot out to the left side
3-4 Step right foot back in, step left foot back in

And restart

Section 3: Left Scuff, Left Knee Lift, Right Point, Right Scuff, Right Knee Lift, Left Point, Jazzbox ¼ Turn Left , Cross Right Foot

1&2 Scuff left foot forward, lift left knee, point right toe to the side
3&4 Scuff right foot forward, lift right knee, point left toe to the side
5-6 Cross right over left, step back on left
7-8 Turn ¼ left stepping right to the side, cross right over left

Section 4: & Cross, ½ Turn Left, Heel Switches, & Step Right Forward, ½ Turn Left, Right Scuff, Right Stomp

&1 Step left slightly to the side, cross right over left
2 Turn ½ left, shifting weight onto left
&3 Touch right heel forward, step right next to left
&4 Touch left heel forward, step left next to right
&5 Quickly switch, stepping right forward
6 Turn ½ left, shifting weight onto left
7 Scuff right foot forward
8 Stomp right foot down

Repeat and enjoy the dance!

Submitted by : Audrey Jean - Email: wildbootscountrydance@gmail.com