

Paint It Black

拍數: 64 牆數: 2 級數: High Beginner
編舞者: Carolina Kandu - October 2024
音樂: The Rolling Stones - Paint It Black - Hidden Citizens Version [slowed]



No Tags or Restarts

Intro: 8 Counts (after the drum beats), Start at approx 16 sec

SEC 1 & 2: Figure 8, Back Rock, Side, Back Rock

1,2,3,4 Step R to R Side, Cross L behind R. Make a ¼ turn R by stepping R forward. Step L Fwd.
5,6,7,8 Pivot ½ R (weight to R), Make a ¼ turn R by stepping L to L side. Cross R behind L. Make a 1/4 turn L by step L forward.

1,2,3,4 Step R forward. Pivot ½ L (weight to L). Make a ¼ turn L by stepping R to R side.
5,6,7,8 Cross L behind R. Recover on R. Step L to L Side. Cross R behind L. Recover on L.

SEC 3 & 4: 2X Weave, Lindy (Chasse, Back Rock)

1,2,3,4 Step R to R Side. Cross L behind R. Step R to R side. Cross L over R.
5&6 Step R to R Side. Close L beside R. Step R to R side.
7,8 Cross L behind R. Recover on R.

1,2,3,4 Step L to L Side. Cross R behind L. Step L to L side. Cross R over L.
5&6 Step L to L Side. Close R beside L. Step L to L side.
7,8 Cross R behind L. Recover on L.

SEC 5: 1/8 Forward Rock, Coaster Step, Step Forward, 3/8 Back, Coaster Step

1,2,3&4 Step R Diagonal (1:30). Recover on L. Step back on R. Step L next to R. Step R Forward (1:30).
5,6,7&8 Step L forward. 3/8L recover on R. Step back on L. Step R next to L. Step L Forward (9:00).

SEC 6: Forward Rock, Coaster Step, Step Forward, ¼ Back, Sailor

1,2,3&4 Step R forward. Recover on L. Step back on R. Step L next to R. Step R forward.
5,6,7&8 Step L forward. ¼ L Recover on R. Cross L behind R. Step R to R side. Step L to L side (6:00).

SEC 7: Cross Rock, Chasse R, Cross Rock, Chasse L

1,2,3&4 Cross Rock R over L. Recover back on L. Step R to R side, Step L next to R, Step R to R side
5,6,7&8 Cross Rock L over R, Recover back on R. Step L to L side, Step R next to L. Step L to L side.

SEC 8: 2X Step Forward, 1/4 Turn Step, 1/4 Turn Step, Touch

1,2,3,4 Step R forward, ¼ turn R with L side step. ¼ turn R with R stepping back, L touch.
5,6,7,8 Step L forward, ¼ turn L with R side step. ¼ turn L with L stepping back, R touch.

ENDING: Dance up to count 30 of Wall 8 (6:00) and finish by adding Sailor 1/2 R to 12:00