

Black Flowers

拍數: 32 牆數: 2 級數: Improver
編舞者: Ellen Fyrand (NOR) - October 2024
音樂: Black Flowers - Frode Vassel



Intro: 16 C - 8 C Tag x2 - 1 Restart

Sec 1: on Diagonals RF Step FW, Close, R Suffle, LF Step FW, Close, L Shuffle

1-2 on R Diagonal Step FW on RF (1), Step LF Beside RF (2)
3&4 Step FW on RF (3), Step LF beside RF (&), Step FW on RF (4)
5-6 on L Diagonal Step FW on LF (5), Step RF beside RF (6)
7&8 Step FW on LF (7), Step RF beside LF (&), Step FW on LF (8)

Sec 2: To the R Weave, Chassé, Back Crossrock, Recover

1-4 Step RF to Side (1), Cross LF back RF (2), Step RF to Side (3), Cross LF in Front (4)
5&6 Step RF to Side (5), Step LF beside (&), Step RF to Side (6)
7-8 Crossrock LF behind RF (7), Recover Weight to RF (8)

Sec 3: To the L Weave, Chassé, Back Crossrock, Recover

1-4 Step LF to Side (1), Cross RF back RF (2), Step LF to Side (3), Cross RF in Front (4)
5&6 Step LF to Side (5), Step RF beside LF (&)*, Step LF to Side(6)

***Restart here and remember Step Change!!**

7-8 Crossrock RF behind LF (7), Recover Weight to LF (8)

Sec 4: Monterey 1/4 Turn R x2

1-2 Point RF to Side (1), 1/4 Turn R and Step RF beside LF (2) [3:00]
3-4 Point LF to Side (3), Step LF beside RF (4)
5-6 Point RF to Side (5), 1/4 turn R and Step RF beside LF (6) [6:00]
7-8 Point LF to Side (7), Step LF beside RF (8)

8 Count Tag after Wall 2 and 4 (facing 12:00): Syncopated Rocksteps FW-BW- R-L

1-2& Rock FW on RF (1), Recover to LF (2), Step RF beside LF (&)
3-4& Rock BW on LF (3), Recover to RF (4), Step LF beside RF (&)
5-6& Rock RF to Side (5), Recover to LF (6), Step RF beside LF (&)
7-8& Rock LF to Side (7), Recover to RF (8), Step LF beside RF (&)

***Restart with Stepchange in Wall 8 (Facing 6:00)**

Do the Weave (1-4) in Sec 3, then Step LF to side (5), and Touch RF beside (6) and Restart the dance

Choreographers recommendation: When starting Wall 7 the music gets a little bit tricky, you have to count, but when it comes to Sec 4, the Monterey Turns, the beat becomes stronger again (with the words: Our Roots), so you can adjust the steps (IF you became to fast/slow)

Last Update: 25 Nov 2024