Dissociative

COPPER KNOB

拍數: 64

牆數: 2

級數: Intermediate

編舞者: Guy Dubé (CAN) & Nancy Milot (CAN) - November 2024

音樂: Diagnosed Dissociative - Shawnee Kish



Intro : 16 counts.

[1-8] STEP FWD in 1/8 TURN R, STEP L BEHIND R with KNEE POP R, SAILOR STEP in 1/8 TURN R ROCK STEP, RECOVER, 1/4 TURN L and CHASSÉ to L

- 1-2 Step R forward in 1/8 turn to right, step L behind R while popping the R knee forward (1:30)
- 3&4 Cross step R behind L, step L to left in 1/8 turn to right, step R forward (3:00)
- 5-6 Rock step L forward, recover on R
- 7&8 1/4 turn to left and chassé to left with LRL (12 :00)

[9-16] 1/4 TURN L and ROCK SIDE, RECOVER, 1/4 TURN R and ROCK SIDE, RECOVER, SAILOR STEP in 1/4 TURN R, 1/4 TURN R and STEP SIDE, TOUCH R TOGETHER L

- 1-2 1/4 turn to left and rock step R to right side, recover on L (9:00)
- 3-4 1/4 turn to right and rock step R to right side, recover on L (12:00)
- 5&6 Cross step R behind L, 1/4 turn to right and step L on place, step R forward (3:00)
- 7-8 1/4 turn to right and step R to right side, touch R together R (6:00)

Restart 1 At the 3rd repetition (12:00) after the 16 first counts, restart the dance from the beginning (6:00).

[17-24] STEP SIDE, TOGETHER, CHASSÉ to R, CROSS ROCK STEP, RECOVER, SHUFFLE in 1/4 TURN L

- 1-2 Steo R to right side, step L together R
- 3&4 Chassé to right with RLR
- 5-6 Cross rock step L over R, recover on R
- 7&8 Shuffle in 1/4 turn to left with LRL (3 :00)

[25-32] ROCKIN CHAIR, 1/4 TURN L and BACK-LOCK-BACK, GIANT STEP SIDE, SLIDE TOGETHER

- 1-2 Rock step R forward, recover on L
- 3-4 Rock step R back, recover on L
- 5&6 1/4 turn to left and step R back, lock step L over R, step R back (12 :00)
- 7-8 Giant step L to left, slide touch toward L

[33-40] STEP SIDE, SAILOR STEP in 1/4 TURN R, WEAVE to L, ROCK SIDE, RECOVER in 1/4 TURN R, STEP FWD

- 1 Step R to right side
- 2&3 Cross step L behind R,1/4 turn to right and step R to right side, step L on place (3:00)
- 4&5 Cross step R behind L, step L to left side, cross step R over L
- 6-7-8 Rock step L to left side, recover on R in 1/4 turn to right, step L forward (6:00)

[41-48] ROCK STEP FWD, RECOVER, 2X (PRESS BACK-FWD-BACK), ROCK BACK, RECOVER

- 1-2 Rock step R forward, recover on L
- 3&4 Press ball R back, press ball L forward, press ball R back
- 5&6 Press ball L back, press ball R forward, press ball L back
- 7-8 Rock step R back, recover on L

Restart 2 At the 6th repetition (6:00) after the first 48 counts, restart the dance from the beginning (12:00).

[49-56] WIZARD STEPS, STEP FWD, PIVOT 1/2 TURN L, 1/2 TURN L and STEP BACK, STEP BACK

- 1 Step R forward diagonally to right
- 2&3 Cross step L behind R, step R forward diagonally to right, step L forward diagonally to left
- 4&5 Cross step R behind L, step L forward diagonally to left, step R forward

6-7-8 Pivot 1/2 turn to left (weight on L), 1/2 turn to left and step R back, step L back

[57-64] 2X (STEP BACK DIAGONALY, TOUCH TOGETHER) COASTER STEP, GIANT STEP BACK, SLIDE TOUCH TOGETHER

- 1-2 Step R back diagonally to right, touch L together R
- 3-4 Step R back diagonally to left, touch R together L
- 5&6 Step R back, step L together R, step R forward
- 7-8 Giant step L forward, slide point R toward L

ENJOY AND HAVE FUN! GUY & NANCY