

Nazareth

拍數: 96 牆數: 2 級數: Phrased Intermediate
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音樂: NAZARETH - Lana Lubany



Sequence : ABB BAC BAB

Intro : 64 count - No tag no restart

Part A = 32 count

S1# CROSS CHASSE AND TOUCH SIDE RL

1 2 3 4 Step cross R over L, step L to side, cross R over L, L touch side
5 6 7 8 Step cross L over R, step R to side, cross L over R, R touch side

S2# PIVOT 1/2 TURN LEFT - FORWARD LOCK SHUFFLE - PIVOT 1/4 TURN RIGHT - CROSS SHUFFLE

123&4 Step R forward, turn 1/2 left recover on L(06.00) - step R forward , lock L behind R, step R forward
567&8 Step L forward, turn 1/4 right recover on R (09.00) - Cross L over R, R to side ,cross L over R

***S3# MONTEREY 1/4 RIGHT - JAZZ BOX ***

1234. Touch R to side, 1/4 turn Right close R together, touch L to side , close L together.
5678 Cross R over L, step L back, step R to side, step L forward.

S4# (BODY DROP TO RIGHT SIDE WITH BEND KNEES – CLOSE) RL - PIVOT 1/2 LEFT - FORWARD-CLOSE

1234 Drop body to right side with bent both knees , close R together - Drop body to left side with bent both knees , Close L together
5678 Step R forward, turn 1/2 left recover on L(06.00) - step R forward , Close L together.

Part B : 32 count

S1# SINGLE STEP RL - CHASSE RIGHT

1234. step R to side L together, step L to side R together
5678 step R to side, step L next to, step R to side, close L together

S2# SINGLE STEP LR - CHASSE LEFT

1234. step L to side R together, step R to side L together
5678 step L to side, step R next to, step L to side, close R together

S3# PIVOT 1/2 LEFT - FORWARD LOCK SHUFFLE - PIVOT 1/2 RIGHT FORWARD LOCK SHUFFLE

123&4 Step R forward, turn 1/2 left recover on L(06.00) - step R forward , lock L behind R, step R forward
567&8. Step L forward, turn 1/2 right recover on R (00.00)- step L forward, lock R behind L, step L forward

S4# 1/2 TURN LEFT SCISSORS-HOLD- SLIDE BIG STEP - DRAG - CLOSE - HOLD

1234 Step R forward, 1/2 turn L Step L next to R, Step R forward- hold
5678 Big Step L to Side, Drag R to The L with Side Body Roll

PART C : 32 COUNT

S1# FULL VOLTA TURN RIGHT

1234 . 1/4 Step R forward, Step L beside R, 1/4 turn right step R forward, Step L beside R
5678 1/4 Step R forward, Step L beside R, 1/4 turn right step R forward, Step L beside R

S2# VOLTA TURN LEFT

1234. 1/4 Step L forward, Step R beside R, 1/4 turn left step L forward, Step R beside L
5678 1/4 Step L forward, Step R beside R, 1/4 turn left step L forward, Step R beside L

S3# CROSS POINT RL - JAZZ BOX 1/4 TURN RIGHT

1234. Cross R over L, Touch L to side ,Cross L over R,Touch R to side
5678 Step R cross over L , step L back,Turn ¼ right, step R to side , step L forward

S4# CROSS POINT RL - JAZZ BOX 1/4 TURN RIGHT

1234. Cross R over L, Touch L to side ,Cross L over R,Touch R to side
5678 Step R cross over L , step L back,Turn ¼ right, step R to side , step L forward
