Chaos Calls

拍數: 104

級數: Phrased Intermediate

編舞者: Dawn Searer (USA) - January 2025

音樂: Breathe - Jonny Diaz

Intro: 32 counts (on lyrics)

Phrasing Sequence: A, B, B, C, A, B, B, A- [64 cts.], B, B, C, Ending

PART A: 80 cts. (1st & 2nd time - dance 80 cts.: 3rd time - dance 64 cts.)

- A1: R/L STEP LOCK STEP, BRUSH (forward)
- 1234 R forward [1], L lock behind [2], R forward [3], L brush [4]
- 5678 L forward [5], R lock behind [6], L forward [7], R brush [8] (12:00)

A2: R ROCKING CHAIR; R 1/4 PIVOT (left), CROSS (over), HOLD

- 1234 R rock forward [1], L recover [2], R rock back [3], L recover [4]
- 5678 R forward [5], L 1/4 pivot (left) [6], R cross over [7], hold [8] (9:00)

A3: L VINE w/CROSS (over); L SCISSOR, HOLD

- 1234 L side [1], R behind [2], L side [3], R cross over [4]
- 5678 L side [5], R close/together [6], L cross over [7], hold [8] (9:00)

A4: R VINE w/CROSS (over); R 1/4 PIVOT (left), R STOMP, L STOMP

- 1234 R side [1], L behind [2], R side [3], L cross over [4]
- 5678 R side [5], L 1/4 pivot (left) [6], R stomp [7], L stomp [8] (6:00)

A5: R TAP TAP (fwd/side); R ROCK BACK/L HITCH, RECOVER; R/L RUN, R FWD SHUFFLE

- 1234 R tap forward [1], R tap side [2], R rock back/L hitch [3], L recover [4]
- 567&8 R run [5], L run [6], R forward [7], L together [&], R forward [8] (6:00)

A6: L TOE 1/4 GRIND, L ROCK/RECOVER; L TOE 1/4 GRIND (wt on L), R ROCK/RECOVER

- 1234 L toe [1], R 1/4 grind (left) (R takes weight) [2], L rock back [3], R recover [4] (3:00)
- L toe [5], L 1/4 grind (right) (L takes weight) [6], R rock back [7], L recover [8] (6:00) 5678

A7: R TAP TAP (forward/side); R 1/2 SAILOR (right); L WEAVE w/R POINT (side)

- 123&4 R tap forward [1], R tap side [2], R 1/2 swing around behind (right) [3], L side [&], R side [4] (12:00)
- 5678 L cross over [5], R side [6], L behind [7], R point side (body slightly angled to 10:30) [8]

A8: R 1/8 BACK, L HOOK (across), FORWARD SHUFFLE; R 1/8 CHASSE; L 1/4 CHASSE*

- 123&4 R 1/8 back (left) [1], L hook (across) [2], L forward [3], R together [&], L forward [4] (10:30)
- 5&67&8 R 1/8 side [5], L together [&], R side [6] (9:00); L 1/4 side (left) [7], R together [&], L side [8] (6:00)*

*Note: 3rd time dancing Part A, it is short (A-) [only 64 cts.]; begin Part B here at 6:00

A9: R/L FORWARD, SWEEP (back to front); R JAZZ BOX/(L FORWARD)

- 1234 R forward [1], L sweep [2], L forward [3], R sweep [4]
- 5678 R cross over [5], L back [6], R side [7], L forward [8] (6:00)

A10: R/L FORWARD ROCK, RECOVER, 1/2 SHUFFLE FORWARD

- 1 2 3&4 R forward rock [1], L recover [2], R 1/2 forward (right) [3], L together [&], R forward [4] (12:00)
- 567&8 L forward rock [5], R recover [6], L 1/2 forward (left) [7], R together [&], L forward [8] (6:00)

PART B: 16 cts. (always done 2x together - 1st time does 1/2 turn; 2nd time returns 1/2 turn)** B1: R/L BIG SIDE STEP/DRAG; TAP (beside); STEP BEHIND (other foot), RECOVER





牆數:2

- 1 2 3 4 R big side/L drag [1], L tap beside [2], L step gently behind R [3], R recover [4]
- 5 6 7 8 L big side/R drag [5], R tap beside [6], R step gently behind L [7], L recover [8] (6:00)

B2: 1/2 DIAMOND-SERPIENTE FALL AWAY (to left); travels in flowing movement (to 12:00)

- 1 2& 3 4& R fwd/L sweep (back to front) [1], L cross over [2], R 1/8 side [&] (4:30), L back/R sweep (front to back) [3], R behind [4], L 1/8 side [&] (3:00)
- 5 6& 7 8& R fwd/L sweep (back to front) [5], L cross over [6], R 1/8 side [&] (1:30), L back/R sweep (front to back) [7], R behind [8], L 1/8 side [&] (12:00)
- **Note: Always REPEAT Part B [16 cts.] (returning to the wall on which you first started Part B)

PART C: 8& cts. (done only @ 6:00); travels forward w/toe brush at 4:30/7:30 & heel brush in front C1: R/L/R/L CROSS/SWEEP (bk. to front); BRUSHING TOE-HEEL (continuous flow finishes sweep)

- 1 2& 3 4& R cross over/L sweep [1], L toe-L heel brush [2&], L cross over/R sweep [3], R toe-R heel brush [4&]
- 5 6& 7 8& R cross over/L sweep [5], L toe-L heel brush [6&], L cross over/R sweep [7], R toe-R heel brush [8&]

ENDING: 8 cts. (done after 2nd time dancing Part C @ 6:00)

End: R ROCKING CHAIR; R ROCK FWD/RECOVER; R 1/2 FWD/L POINT (side)

- 1 2 3 4 R forward rock [1], L recover [2], R back rock [3], L recover [4]
- 5 6 7 8 R forward rock [5], L recover [6], R 1/2 forward (to right) [7], L point (side) [8]

Adjust dancing tempo to match song tempo:

Part A - quick tempo; Part B - calm graceful tempo; Part C - transition tempo

Phrasing Sequence with Start Wall:

A (12:00); B (6:00); B (12:00); C (6:00); A (6:00); B (12:00); B (6:00); A- (12:00); B (6:00); B (12:00); C (6:00); Ending (6:00)

When life gets crazy & chaos calls, take time to rest awhile w/the Creator & just breathe! ENJOY!!

[R/L denotes foot] Contact Dawn: liveitupanddance@gmail.com

Last Update: 10 Jan 2025