

Laissez-Nous Essayer

拍數: 0 牆數: 1 級數: Intermediate
編舞者: Roland (Gutz) Gutzwiller (CH)
音樂: Laissez-nous essayer - Yannick Noah



Sequence: AB, ABBC, ABBC, CCCC

PART A

SIDE, ROCK, RECOVER, SIDE SHUFFLE, BACK ROCK, RECOVER, SIDE SHUFFLE ¼ LEFT

1-2-3 Right foot to right, rock left over right, recover on right
4&5-6-7 Left foot to left, right next to left, left foot to left, rock back on right, recover on left
8&1 Right foot to right, left next to right, turn ¼ left and step right backwards

¼ LEFT POINT LEFT, HOLD, CROSS SHUFFLE, POINT RIGHT, ½ LEFT, SIDE SHUFFLE

2-3 Turn ¼ left and point left foot to left, hold
4&5 Cross left over right, right next to left, cross left over right
6-7 Point right forward diagonally right, on left turn ½ left
8&1 Right foot to right, left next to right, right foot to right

BACK ROCK, RECOVER, SIDE SHUFFLE, BACK ROCK, RECOVER, FORWARD SHUFFLE

2-3-4&5 Rock back on left, recover on right, left foot to left, right next to left, left foot to left
6-7-8&1 Rock back on right, recover on left, right forward, left next to right, right forward

LEFT FORWARD, ½ RIGHT, COASTER STEP, LEFT FORWARD, RONDE WITH ½ TURN LEFT, RIGHT FOOT TO RIGHT, LEFT FOOT TO LEFT

2-3 Left forward, turn ½ right
4&5 Right backwards, left next to right, right forward
6-7 Left forward, make a ronde with right and turn ½ left and touch right next to left
8& Rock right back, recover on left

PART B

RIGHT FORWARD, POINT LEFT, POINT LEFT, BACK LOCK SHUFFLE, RIGHT FOOT TO RIGHT, LEFT FORWARD, RIGHT FORWARD, LEFT NEXT TO RIGHT

1-2-3 Right forward, point left forward diagonally right, point left forward diagonally left
4&5 Left backwards, lock right in front of left, left backwards
6-7-8& Right foot to right, left forward, right forward, left next to right
9-16& Repeat steps 1-8 of Part B

PART C ("THE SHUFFLE STAR")

RIGHT FORWARD, FORWARD ROCK, RECOVER, 3/8 TURN LEFT & FORWARD SHUFFLE, RIGHT FORWARD, ½ TURN LEFT, FORWARD SHUFFLE

1-2-3 Right forward, rock left forward, recover on right
4&5 Turn 3/8 left (07:30) and left forward, right next to right, left forward
6-7-8&1 Right forward, turn ½ left (01:30), right forward, left next to right, right forward

LEFT FORWARD, ¾ TURN RIGHT, FORWARD SHUFFLE, RIGHT FORWARD, ½ TURN LEFT, FORWARD SHUFFLE

2-3-4&5 Left forward, turn ¾ right (10:30), left forward, right next to left, left forward
6-7-8&1 Right forward, turn ½ left (04:30), right forward, left next to right, right forward

LEFT FORWARD, 3/8 TURN RIGHT, FORWARD SHUFFLE, RIGHT FORWARD, ½ TURN LEFT, FORWARD SHUFFLE

2-3-4&5 Left forward, turn $\frac{3}{8}$ right (09:00), left forward, right next to left, left forward
6-7-8&1 Right forward, turn $\frac{1}{2}$ left (03:00), right forward, left next to right, right forward

LEFT FORWARD, $\frac{3}{4}$ TURN RIGHT, BACK SHUFFLE, BACK ROCK, RECOVER, RIGHT FORWARD, LEFT NEXT TO RIGHT

2-3-4&5 Left forward, turn $\frac{3}{4}$ right (12:00), left backwards, right next to left, left backwards
6-7-8& Rock right backwards, recover on left, right forward, left next to right
