

Old Faithful

拍數: 0 牆數: 0 級數:
編舞者: Liam Hrycan (UK)
音樂: You've Got to Talk to Me - Lee Ann Womack



Sequence: AA AB AC AB AA A

SECTION A

During the last Section A of the dance, the music misses 4 counts. To get around this, dance steps 1 to 12 of A, but replacing Steps 11,12 (right Toe strut) with two right stomps (no weight) in place beside right foot. Then continue with the section as normal (17-32). In effect you have just missed out Steps 13-16.

LEFT BACK ROCK/RECOVER, LEFT CHASSE (¼-LEFT), RIGHT STEP/½ PIVOT LEFT, RIGHT TOE STRUT

1-2 Rock left foot behind right, recover weight onto right foot
3&4 Left chasse with ¼ turn left
5-6 Step right foot forward, pivot ½ turn left
7-8 Right toe strut

LEFT SHUFFLE, RIGHT TOE STRUT, LEFT ROCK/RECOVER, TRIPLE STEP (¾ -LEFT)

9&10 Forward left shuffle
11-12 Right toe strut
13-14 Rock left foot forward, recover weight back onto right foot
15&16 Triple step ¾ turn left, stepping-left, right, left

RIGHT VINE WITH LEFT TOUCH, LEFT SIDE STEP (¼-LEFT), RIGHT STEP (½-LEFT), LEFT BACK SHUFFLE

17-20 Right grapevine with left foot touch beside right
21-22 Step left foot to left side a ¼ turn left, step right foot forward a ½ turn left

Steps 21-22 complete a ¾ turn over left shoulder, to the left

23&24 Back left shuffle

RIGHT BACK ROCK/RECOVER, TRIPLE STEP FORWARD (½-RIGHT), LEFT HEEL TOUCH/HOLD, HEEL SWITCHES

25-26 Rock right foot back, recover weight onto left foot
27&28 Forward triple step ½ turn right, stepping-right, left, right
29-30 Touch left heel forward, hold position and clap hands
& Replace left foot beside right
31& Touch right heel forward, replace right foot beside left
32 Touch left heel forward
& Replace left foot beside right

The '&-Step' at the end of Section A, is danced on the last Section A of the dance and when dancing from Section A to Section B, only.

At the end of the last Section A, include the extra '&-Step', and stomp right foot forward for a nice neat finish!!

SECTION B

Section B is only danced twice throughout the whole dance, to the dramatic chorus.

RIGHT STOMP/LEFT SLIDE, RIGHT SHUFFLE, LEFT ROCK/RECOVER, LEFT COASTER STEP

1-2 Stomp right foot forward, slide left foot to place beside right
3&4 Forward right shuffle
5-6 Rock left foot forward, recover weight onto right foot
7&8 Left coaster step

RIGHT STEP/½ PIVOT LEFT, RIGHT VINE WITH RIGHT CHASSE (¼-RIGHT), LEFT STEP/½ PIVOT RIGHT

- 9-10 Step right foot forward, pivot ½ turn left
- 11-12 Step right foot to right side slightly forward, step left foot behind right
- 13&14 Right chasse with ¼ turn right
- 15-16 Step left foot forward, pivot ½ turn right

LEFT STOMP/RIGHT SLIDE, LEFT SHUFFLE, RIGHT CROSS ROCK/RECOVER, TRIPLE STEP (½-RIGHT)

- 17-18 Stomp left foot forward, slide right foot to place beside left
- 19&20 Forward left shuffle
- 21-22 Cross rock right foot over left, recover weight back onto left foot
- 23&24 Triple step ½ turn right, stepping-right, left, right

LEFT STEP/½ PIVOT RIGHT, RIGHT BACK SHUFFLE, LEFT BACK ROCK/RECOVER, LEFT STEP/¼ PIVOT RIGHT

- 25-26 Step left foot forward, pivot ½ turn right
- 27&28 Back right shuffle
- 29-30 Rock left foot back, recover weight onto right foot
- 31-32 Step left foot forward, pivot ¼ turn right stepping right foot beside left and transfer weight to it

SECTION C-BRIDGE ONLY

Section C is only ever danced once throughout the whole dance, and is a bridge which comes after the 4th Section A and before the 5th Section A.

LEFT STEP BEHIND RIGHT, RIGHT SIDE STEP, RIGHT CROSS SHUFFLE, RIGHT SIDE ROCK/RECOVER (¼-RIGHT), RIGHT COASTER STEP

- 1-2 Step left foot behind right, step right foot to right side
- 3&4 Cross left foot over right-right cross shuffle, stepping-left, right, left
- 5-6 Rock right foot to right side, recover weight onto left foot
- & Pivot a ¼ turn right on ball of left foot
- 7&8 Right coaster step

LEFT PADDLE TURN (¼-RIGHT) (TWICE), SYNCOPATED SIDE TOE TOUCHES (RIGHT-LEFT-RIGHT), RIGHT SIDE STEP

- 9-10 Step left foot forward, pivot ¼ turn right
 - 11-12 Step left foot forward, pivot ¼ turn right
 - 13& Touch right toe out to right side, replace right foot beside left
 - 14& Touch left to out to left side, replace left foot beside right
 - 15-16 Touch right toe out to right side, leave right toe out to right side and step weight down onto it
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