

Ophelia

拍數: 64 牆數: 4 級數: Beginner
編舞者: Bill Bader (CAN)
音樂: Ophelia - Vince Gill



KICK, KICK, COASTER STEP (BACK, TOGETHER, FORWARD): FIRST RIGHT, THEN LEFT

1-2 Kick right forward twice
3&4 Coaster: step right back, step left beside right, step right forward
5-6 Kick left forward twice
7&8 Coaster: step left back, step right beside left, step left forward

TURN-HITCH, PUSH FORWARD-FORWARD, TURN-HITCH, PUSH FORWARD, FORWARD

& Raise right knee and turn diagonally left to face 10:00-10:30
9-10 Step right forward with toe to 10:00-10:30 and push hips to forward/right twice
& Raise left knee and turn diagonally right to face 1:30-2:00
11-12 Step left forward with toe to 1:30-2:00 and push hips to forward/left twice

KICK, BALL/SWAY, SWAY RIGHT, SWAY LEFT

13 Kick right forward (reminder: facing diagonally so kick is toward 1:30)
& Step toe/ball of right behind left heel and to right
14 Sway hips to left turning slightly to the right to face original 3:00 wall
15-16 Sway hips to right, then to left. During all three sways, bend knees strongly.

Current facing direction (original 3:00 wall) will now be new 12:00.

VINE RIGHT, RIGHT TOUCH TWICE, VINE LEFT, HEEL TOUCHES LEFT-RIGHT

17-18& Sidestep right, cross-step left behind right, sidestep right with toe to 10:30
19-20 Touch left heel diagonal forward/left twice
21-22& Sidestep left, cross-step right behind left, sidestep left with toe to 1:30
23& Touch right heel diagonal forward/right, step right beside left
24& Touch left heel diagonal forward/left, step left beside right
25-32& Repeat 17-24&

THREE RIGHT TOUCHES, CROSS-STEP, THREE LEFT TOUCHES, CROSS-STEP: TWICE

33 Facing front, touch right toe slightly back of right side (approximately 4:00)
34 Touch right heel diagonally forward/right (approximately 2:00)
35 Touch right heel across front of left to diagonal forward/left (approximately 11:00)
36 Cross-step right across front of left to approximately 9:30-10:00 with toe to 12:00
37 Touch left toe slightly back of left side (approximately 8:00)
38 Touch left heel diagonally forward/left (approximately 10:00)
39 Touch left heel across front of right to diagonal forward/right (approximately 1:00)
40 Cross-step left across front of right to approximately 2:00-2:30 with toe to 12:00
41-48 Repeat 33-40. Option: throughout this section the anchor foot may gradually turn in response to crossing action of opposite leg.

FOUR SERPENTINES BACKWARD: STEP BACK, TOUCH BACK, ¼ PIVOT, KICK (END SWIVELS)

49 Step right diagonally back/left (moving toward 7:30, toe to 1:30)
50 Step left toe/ball backward (moving toward 7:30, toe to 1:30)
51 Pivot ¼ left switching weight to right: turn on toe/balls of both feet ¼ left to face 10:30 ending with right heel down
52 Kick left forward toward 10:30
53 Step left diagonally back/right (moving toward 4:30, toe to 10:30)

- 54 Step right toe/ball backward (moving toward 4:30, toe to 10:30)
- 55 Pivot $\frac{1}{4}$ right switching weight to left: turn on toe/balls of both feet $\frac{1}{4}$ right to face 1:30 ending with left heel down.
- 56 Kick right forward toward 1:30
- 57-62 Repeat 49-54
- 63-64 Swivel both heels to left diagonal (7:30), then center (heels at 6:00)

REPEAT
