

Ruzgar's Old Danish

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Hanne Ekknud Pedersen (DK)
音樂: Floor Filler - A*Teens



3 X TOUCH TOE, TURN, 3 X TOE TOUCH, TURN

- 1-2 Touch right toe to right side, touch right toe next to left foot
3-4 Touch right toe back, turn ½ turn ending with weight on right foot
5-6 Touch left toe to left side, touch left toe next to right foot
7-8 Touch left toe back, turn ½ turn ending with weight on left foot

2 X STEP, 2 X THROW HEAD TO SIDE, CROSS TURN, 2 X TOUCH, STEP

- 9-10 Step forward on right foot, step forward on left foot
11-12 While facing front, tilt head to left, and throw to left side two times
13-14 Cross right foot over left foot, and turn ½ turn (weight on right foot)
15&16 Touch left toe to left side, touch left toe next to right foot, step left foot to left side

2 X SLIDE SIDE, 4 X QUICK BODY ROLL

- 17-18 Step to right side with right foot, and touch left foot next to right
19-20 Step to left side with left foot, and touch right foot next to left
21&22 Roll body down from top, roll body up from bottom (weight on right foot)
23&24 Roll body down from top, roll body up from bottom (weight on right foot)

STEP TURN, 2 X THROW HEAD TO SIDE, 2 X TOUCH, KNEE BEND, ¼ TURN

- 25-26 Step right foot in front and turn ½ turn (weight on left foot)
27-28 While facing front, tilt head to left, and throw to left side two times
29-30 Touch right toe in front, touch right to right side
31-32 Bend down in your knees, turn ¼ turn and straighten up (weight on left foot)

2 X BACK STEP SLIDE, 4 X QUICK BODY ROLL

- 33-34 Step back on right foot, slide left foot next to right foot
35-36 Step back on right foot, slide left foot next to right foot
37-38 Roll body down from top, roll body up from bottom (weight on right foot)
39-40 Roll body down from top, roll body up from bottom (weight on right foot)

3 X TOUCH, TURN, KICK, STEP, HEAD NOD

- 41-42 Touch left toe to left side, touch right toe to right side
43-44 Touch left toe to left side, turn ¼ turn (weight on right foot)
45-46 Kick left foot in front, step down on left foot with weight
47-48 Nod head down, and look straight ahead again

2 X STEP, KNEE BEND, TOUCH, FULL TURN, 2 X TOUCH

- 49-50 Step forward on right foot, step forward on left foot
51-52 Bend down in your knees and straighten up again (weight on left foot)
53-54 Touch right toe to right side (prep for full turn), turn full turn (weight on right foot)
55-56 Touch left toe to left side, touch left toe next to right foot

STEP, TOUCH, KICKBALL STEP, STEP TURN, KICKBALL CHANGE

- 57-58 Step back on left foot, touch right toe forward (weight on left foot)
59&60 Kick right foot in front, put weight on right foot, step forward on left foot
61-62 Step forward on right foot, turn ½ turn ending with weight on left foot

63-64

Kick right foot in front, put weight on right foot, step down on left foot

REPEAT

At a time, the music goes a bit down in level, but the beat is still the same, so just continue where you are in the dance
