

Take Me To The Lochs

拍數: 0 牆數: 1 級數:
編舞者: Michael John Sr.
音樂: Lochs Around Inchnadamph - The Ryes



Sequence: AAB,AAB,AAB*,A to end

PART A

SIDE SHUFFLES WITH ½ TURNS X3, BACK ROCK STEP

1&2 Side shuffle to the right on right-left-right, making ½ turn right on final step
3&4 Side shuffle to the left on left-right-left making ½ turn left on final step
5&6 Side shuffle to the right on right-left-right
7-8 Rock back on left, rock forward on right.

FORWARD SHUFFLES X3, ROCK STEP

9&10 Shuffle forward on left-right-left
11&12 Shuffle forward on right-left-right
13&14 Shuffle forward on left-right-left
15-16 Cross rock forward right over left, rock back on left

CROSSING SHUFFLE STEPS, GRAPEVINE LEFT

17&18& Step right to left side across left, step left slightly behind right, step right to left side across left, step left slightly behind right.
19&20 Step right to left side across left, step left slightly behind right, step right to left side across left.

Body should be angled 45 degrees to the left during the above steps

21-22 Step left to left side, step cross right behind left
23-24 Step left to left side, touch right beside left

Straighten body to face home wall during the grapevine

SHUFFLES BACK, CROSS UNWIND FULL TURN WITH CLAP

25&26 Shuffle back on right-left-right
27&28 Shuffle back on left-right-left
29 Cross right over left
30-31 Unwind full turn left
32 Clap hands

PART B

TOE HEEL STRUTS WITH ½ TURNS AND FINGER CLICKS

1-2 Touch right toe to right side raising right heel from floor and both hands to shoulder height. Lower right heel to floor clicking fingers and lowering hands.
3-4 Pivoting ½ turn right on right foot, touch left toe to left side raising heel from floor and both hands to shoulder height. Lower left heel to floor clicking fingers and lowering hands.
5-6 Pivoting ½ turn left on left foot, touch right toe to right side raising heel from floor and both hands to shoulder height. Lower right heel to floor clicking fingers and lowering hands.
7-8 Pivoting ½ turn right on right foot, touch left toe to left side raising heel from floor and both hands to shoulder height. Lower left heel to floor clicking fingers and lowering hands.

SAILOR STEPS, ROCK STEP, COASTER STEP

9&10 Cross right behind left, step left to left side, step right to right side.
11&12 Cross left behind right, step right to right side, step left to left side.
13-14 Rock forward on right, rock back on left

15&16 Step back on right, step left next to right, step right forward
17-32 Repeat 1-16 of part b on opposite feet to end facing home wall

CROSSING SHUFFLE, SIDE SHUFFLE, CROSS UNWIND FULL TURN WITH CLAP

33&34 Cross shuffle left on right-left-right

35&36 Side shuffle to left on left-right-left

37 Cross right over left

38-39 Unwind full turn over left shoulder

40 Clap hands

At the end of the final Part B, we add a 4-count tag.

1-4 Bend both knees right, left, right, left (end with weight on left)

After this wall is complete, simply dance Part A, repeating until the end.
