Walled Up

拍數: 40

級數: Intermediate

編舞者: William Sevone (UK)

音樂: Wall in Your Heart - Shelby Lynne

This dance has an unusual starting point: 8 counts in from the start of the music and well before the vocals come in.

SIDE TOE TOUCH, TOUCH, SIDE BALL STEP, ¼ LEFT BACKWARD ROCK, 3X ROCKS, SIDE TOE TOUCH

- 1-2 Touch right toe to right side, touch right toe next to left foot
- 3-4 Step ball of right foot to right side, turn 1/4 left (dropping right heel) & rock backwards onto left foot
- 5-6Rock onto right foot, rock onto left foot
- 7-8 Step onto right foot, touch left toe to left side

2X SLOW FORWARD SAILOR STEP-SIDE TOE TOUCH

- 9-10 Cross step left foot behind right, step right foot to right side
- 11-12 Step forward onto left foot, touch right toe to right side
- 13-14 Cross step right foot behind left, step left foot to left side
- 15-16 Step forward onto right foot, touch left toe to left side

CROSS STEP, ½ RIGHT WITH EXPRESSION, WEAVE WITH EXPRESSION & ¼ LEFT, 2X ROCK

17-18 Cross step left foot over right, unwind ¹/₂ right (weight on right foot)

Style note: count 18: knees slightly bent with sweeping left arm during turn

- 19-20 (Body diagonally right) cross step left over right, (body forward) step right foot to right side
- (Body diagonally left) cross step left foot behind right, turn 1/8 left & rock backward onto right 21-22 foot

Dance note: counts 21-22: this is a slow ¹/₄ turn left over two counts

23-24 Rock onto left foot, rock onto right foot

1/2 LEFT SIDE STEP, WEAVE WITH EXPRESSION & 1/2 RIGHT, 1/2 RIGHT FORWARD ROCK, ROCK, TOUCH

25-26 Turn 1/2 left & step left foot to left side, (body diagonally left) cross step right foot over left Style note: count 25: sweeping left arm and extended left leg during turn

- 27-28 (Body forward) step left foot to left side, (body diagonally right) cross step right foot behind left
- 29-30 Turn 1/8 right & rock backward onto left foot, turn 1/4 right & rock forward onto right foot Dance note: counts 28-29: this is a slow ¼ turn left over two counts

31-32 Rock onto left foot, touch right toe next to left foot

Dance up to & including count 32 on walls: 2-4-6-7 only

FORWARD STEP, ¼ RIGHT SIDE STEP, STEP BEHIND, ¼ LEFT FORWARD STEP, ¼ LEFT SIDE STEP, CROSS ROCK BEHIND, ROCK, SIDE STEP

- 33-34 Step forward onto right foot, turn 1/4 right & step left foot to left side
- 35-36 Cross step right foot behind right, turn 1/4 left & step forward onto left foot
- 37-38 Turn 1/4 left & step right foot to right side, cross rock left foot behind right
- 39-40 Rock onto right foot, step left foot to left side

Dance up to & including count 40 on walls: 1-3-5 only

REPEAT





牆數: 4

DANCE FINISH

Replace count 32 of the 7th wall (3:00) with the following -1Turn ¼ left & (short) step right foot to right side with right hand on hat brim and left hand on left hip