

Dance Within The Flame

拍數: 0 牆數: 3 級數: Intermediate
編舞者: Matt Atkinson (UK)
音樂: Unknown



Sequence: ABC, ABC(24), AB(4), A (tag), AB, AB

PART A

JUMP, LOOK, TURN, KICK, BACK COASTER, FORWARD COASTER

&1-2 Jump feet shoulder width apart, turn head to look to your right
3-4 Swivel heels ¼ turn right (to follow head), kick right foot forward
5&6 Step right foot back, step left next to right, step right foot forward
7&8 Step left foot forward, step right next to left, step left foot backward

JUMP, LOOK, HIP BUMPS, SIDE SHUFFLE ¼ TURN LEFT, ROCK RIGHT FORWARD

&9-10 Jump feet shoulder width apart, turn head to look to your left
11&12 Bump hips right, left, right
13&14 Side shuffle left with a ¼ turn left
15-16 Rock forward on right, recover weight onto left

STEP, TURN, SIDE, TOUCH, HEEL SWITCHES AND CLAPS

17-18 Step right toes backwards, reverse pivot ½ right
19-20 Step left to left side, touch right next to left
21&22 Touch right heel forward, step right next to left, touch left heel forward
&23&24 Step left next to right, touch right heel forward, clap hands twice

STEP PIVOT, STEP PIVOT, ROCK LEFT, ROCK RIGHT

25-26 Step left forward, pivot ½ right
27-28 Step left forward, pivot ½ right
29-30 Rock left to left side, recover weight onto right
&31-32 Step left next to right, rock right to right side, recover weight onto left

10 count tag after the 4th 'A' section

PART B

Same as Part A but to left not right

JUMP, LOOK, TURN, KICK, BACK COASTER, FORWARD COASTER

&1-2 Jump feet shoulder width apart, turn head to look to your left
3-4 Swivel heels ¼ turn left (to follow head), kick left foot forward

Restart here on 3rd 'B' part

5&6 Step left foot back, step right next to left, step left foot forward
7&8 Step right foot forward, step left next to right, step right foot backward

JUMP, LOOK, HIP BUMPS, SIDE SHUFFLE ¼ TURN RIGHT, ROCK LEFT FORWARD

&9-10 Jump feet shoulder width apart, turn head to look to your right
11&12 Bump hips left, right, left
13&14 Side shuffle right with a ¼ turn right
15-16 Rock forward on left, recover weight onto right

STEP, TURN, SIDE, TOUCH, HEEL SWITCHES AND CLAPS

17-18 Step left toes backwards, reverse pivot ½ left
19-20 Step right to right side, touch left next to right
21&22 Touch left heel forward, step left next to right, touch right heel forward

&23&24 Step right next to left, touch left heel forward, clap hands twice

STEP PIVOT, STEP PIVOT, ROCK RIGHT, ROCK LEFT

25-26 Step right forward, pivot ½ left

27-28 Step right forward, pivot ½ left

29-30 Rock right to right side, recover weight onto left

&31-32 Step right next to left, rock left to left side, recover weight onto right

PART C

WALKS, SHUFFLE, STEP, TURN, CROSS SHUFFLE

&1-2 Step left next to right, walk forward right, left

3&4 Step right slightly forward, step left to meet right, step right slightly forward

5-6 Step forward on left, pivot ¼ turn right

7&8 Cross shuffle left over right

TOE SWITCHES, HEEL, TOE, STEP PIVOT, CROSS, UNWIND

9&10 Touch right toes to right, step right next to left, touch left toes to left

&11&12 Step left next to right, touch right heel forward, step right next to left, touch left toes back

&13-14 Step left next to right, step forward right, pivot ½ left

15-16 Cross right over left, unwind full turn turning left

RIGHT, TOUCH, LEFT, TOUCH, BACK, TOUCH, BACK, TOUCH

17-18 Step right to right diagonal, touch left next to right

19-20 Step left to left diagonal, touch right next to left

21-22 Step right back to right diagonal, touch left next to right

23-24 Step left back to left diagonal, touch right next to left

Restart here on the 2nd 'C' section

RIGHT, TOUCH, TURN, TOUCH, BACK, TOUCH, BACK, TOUCH

25-26 Step right to right diagonal, touch left next to right

27-28 ¼ turn right, step left to left, touch right next to left

29-30 Step right back to right diagonal, touch left next to right

31-32 Step left back to left diagonal, touch right next to left

TAG

Performed once after the 4th 'A' part

1-2 Rock forward on right, recover weight onto left

3&4 Step right back, step left next to right, step left forward

5-6 Rock left to left side, recover weight onto right

7&8 Step left behind right, step right to right side, cross left over right

&9&10 Jump feet shoulder width apart, jump feet together
