

Constant Sorrow

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Gerda Klein (NL)
音樂: I Am a Man of Constant Sorrow - The Soggy Bottom Boys



Sequence: AABC AABC AABC AABC AAB

PART A

VINE WITH SLAPS

- 1 Right foot side step right
- 2 Left foot cross behind
- 3 Right foot side step right
- 4 Right hand slap left foot behind, turn head right

- 5 Left foot side step left
- 6 Left hand slap right foot behind, turn head left
- 7 Right foot side step right
- 8 Right hand slap left foot behind, turn head right

VINE WITH ¼ TURN, HOLD, ½ PIVOT TURN (2X)

- 9 Left foot side step left
- 10 Right foot cross behind
- 11 ¼ turn left, left foot step forward
- 12 Hold

- 13 Right foot step forward
- 14 ½ turn left
- 15 Right foot step forward
- 16 ½ turn left

HEEL, HOOK, HEEL, FLICK, HEEL, HOOK, STEP FORWARD, HOLD

- 17 Right foot touch heel forward
- 18 Right foot hook in front of left knee
- 19 Right foot touch heel forward
- 20 Right foot flick out to right side

- 21 Right foot touch heel forward
- 22 Right foot hook in front of left knee
- 23 Right foot step forward
- 24 Hold

REPEAT 17-24, STARTING LEFT FOOT

- 25-32 Repeat 17-24, starting with left foot

SCISSOR, HOLD (2X)

- 33 Right foot side step right
- 34 Left foot step together
- 35 Right foot cross step forward
- 36 Hold

- 37 Left foot side step left

- 38 Right foot step together
- 39 Left foot cross step forward
- 40 Hold

PART B

SIDE STEP, ½ HOP TURN, SIDE STEP, ½ HOP TURN, SIDE ROCK, STEP, TOUCH

- 1 Right foot side step right
- 2 ½ turn right, right foot hop
- 3 Left foot side step left
- 4 ½ turn right, left foot hop

- 5 Right foot side rock
- 6 Left foot recover
- 7 Right foot side step right
- 8 Left foot touch next to right foot

REPEAT 1-8, STARTING LEFT FOOT

- 9-16 Repeat 1-8, starting with left foot

PART C

SLIDE, HOLD, STEP BEHIND, CROSS OVER (2X)

- 1 Right foot slide right
- 2 Hold
- 3 Left foot close behind right foot
- 4 Right foot cross step forward

- 5 Left foot slide left
- 6 Hold
- 7 Right foot close behind left foot
- 8 Left foot cross step forward

SIDE STEP, ¼ HOP TURN, STEP BACK, ¼ HOP TURN, CROSS ROCK, SIDE STEP, HOLD

- 9 Right foot side step right
- 10 ¼ turn left, right foot hop
- 11 Left foot step backward
- 12 ¼ turn left, left foot hop

- 13 Right foot cross rock forward
- 14 Left foot recover
- 15 Right foot side step right
- 16 Hold

CROSS ROCK, STEP SIDE, HOLD, CROSS ROCK, CLOSE, HOLD

- 17 Left foot cross rock forward
- 18 Right foot recover
- 19 Left foot side step left
- 20 Hold

- 21 Right foot cross rock forward
- 22 Left foot recover
- 23 Right foot step together
- 24 Hold

SLIDE, HOLD, STEP BEHIND, CROSS OVER (2X)

- 25 Left foot slide left
- 26 Hold
- 27 Right foot close behind
- 28 Left foot cross step forward

- 29 Right foot slide right
- 30 Hold
- 31 Left foot close behind
- 32 Right foot cross step forward

SIDE STEP, ¼ HOP TURN, STEP BACK, ¼ HOP TURN, CROSS ROCK, CLOSE, HOLD

- 33 Left foot side step left
 - 34 ¼ turn right, left foot hop
 - 35 Right foot step back
 - 36 ¼ turn right, right foot hop

 - 37 Left foot cross rock forward
 - 38 Right foot recover
 - 39 Left foot step together
 - 40 Hold
-