

Chill Out (P)

拍數: 64 牆數: 4 級數: Intermediate
編舞者: K&K
音樂: Three Little Birds - Sean Paul & Ziggy Marley



Position: Open Double Hand Hold, Man facing OLOD, Lady facing ILOD. Man's steps given. Lady opposite footwork throughout unless stated

SIDE, ROCK BACK, SIDE, ROCK FORWARD, STEP, SHUFFLE ½ TURN, STEP, STEP

- 1 Step left to left side
2&3 Rock back on right (behind left), recover weight on left, step right to right side, (lady rocks forward)
4&5 Rock forward on left (in front of right), recover weight on right, step left beside right, (lady rocks back)
6&7 Release right hand, shuffle ½ turn left on right, left, right to face ILOD, rejoin hands
Lady will step forward on the right, shuffle ½ turn right, on left, right, left passing under the arm to face OLOD
8& Step left beside right, step right beside left
9-16& Repeat the above counts 1-8&

SIDE, CROSS ROCK RECOVER TWICE, WALK ROUND A FULL CIRCLE TO THE LEFT

- 17 Step left to left side (to face diagonal), release left hand
18&19 Cross rock right over left, recover on left, step right to right side (to face diagonal), release right hand
20& Cross rock left over right, recover on right
21-24 Make a full turn round to left, on left, right, left, touch right beside left, (lady will turn to the right)
25-32 Repeat 17-24 again starting on opposite foot
But this time, man will step weight onto left on count 24 (lady still ends with a touch), do not rejoin hands

RUMBA BOX, HIP BUMPS RIGHT & LEFT, (FOOTWORK SAME FOR BOTH)

- 33&34 Step right to right side, close left beside right, step forward on right
35&36 Step left to left side, close right beside left, step back on left
This box is done around each other, end facing but to the right of each other, join right hands
37-40 Bump right hips together twice, taking weight onto right, bump hips left twice transferring weight onto left

ROLLING VINE RIGHT, TOUCH, ROLLING VINE LEFT, TOUCH, (FOOTWORK SAME FOR BOTH)

- 41-42 Make ¼ turn to right stepping forward on right, ½ turn right stepping back on left
43-44 ¼ turn right stepping right to right side, touch left beside right
45-48 Repeat steps 41-44 starting on left foot, (turning left)

¼ RIGHT CHASSE, ¼ LEFT CHASSE, ¼ RIGHT CHASSE, ¼ LEFT, TOUCH

- 49&50 Make ¼ turn right stepping right to right side, step left beside right, step right to right side, (back to back)
51&52 Make ¼ turn left stepping left to left side, step right beside left, step left to left side, (face to face)
53&54 Make ¼ turn right stepping right to right side, step left beside right, step right to right side, (back to back)
55-56 Make ¼ turn left stepping left to side, touch right beside left
Lady will step onto right instead of a touch

CHASSE RIGHT, ½ TURN, CHASSE LEFT, CHASSE RIGHT, ½ TURN, CHASSE LEFT

57&58 (Holding lady's right hand in your left) step right to right side, step left beside right, step right to right side
59&60 Make ½ turn right as you step left to left side, step right beside left, step left to left side (now back to back)
61&62 (Changing hands) step right to right side, step left beside right, step right to right side
63&64 Make ½ turn right as you step left to left side, step right beside left, step left to left side
& Step right beside left

REPEAT

This can be done as a line or circle partner dance, you can put extra hands in by tapping the next person's hand in the rolling vines, or by clapping both hands of the person you are facing as you do counts 49-56
