

# Celtic Knot

拍數: 0                      牆數: 2                      級數: Advanced  
編舞者: Glynn Rodgers (UK)  
音樂: Deanie Celtic Mix - The Dean Brothers



Sequence: A, B, A, B, C, Bridge A, Bridge B, A, A

## SECTION A

### SYNCOPATED HEEL SWITCHES

1-2                      Dig right heel forward twice  
&3                      Step right in place and dig left heel forward  
4                        Dig left heel forward  
&5                      Step left in place and dig right heel forward  
&6                      Step right in place and dig left heel forward  
&7                      Step left in place and dig right heel forward  
8                        Dig right heel forward

### SYNCOPATED TOE SWITCHES (MOVING BACK)

&1                      Step right in place and touch left toe over right  
&2                      Step left in place, and touch right toe over left  
&3                      Step right in place and touch left toe over right  
4                        Touch left toe over right  
&5                      Step left in place, and touch right toe over left  
&6                      Step right in place and touch left toe over right  
&7                      Step left in place, and touch right toe over left  
8                        Touch right toe over left

### SAMBA RIGHT, POINT, TOGETHER, WALKS, AND MAMBO

1&2                      Rock right to right side, recover weight onto left, cross right over left  
3-4                      Point left to left side, touch left beside right  
5-6                      Walk forward, left, right  
7&8                      Rock forward left, recover weight onto right, step left beside right

### LOCK BACK, SWEEP TURN, LOCK BACK, AND SWEEP TURN

1&2                      Step back right, cross left over right, step back right  
3-4                      Sweep left leg out to left side turning a ½, close left to right  
5&6                      Step back right, cross left over right, step back right  
7-8                      Sweep left leg out to left side turning a ½, close left to right

## SECTION B

### POINT & POINT, STEP, TOUCH, LOCK BACK, SAILOR STEP

1&2                      Point right to right side, close right to left, point left to left side  
&3                      Close left to right, step forward right  
4                        Touch left beside right  
5&6                      Step back left, cross right over left, step back left  
7&8                      Cross right behind left. Step left to left side. Step right to place

### SAILOR ¼ POINT & CROSS, SAMBA, CHASSE

1&2                      Step left behind right turning ¼ left, step right to right side, step left to place  
3&4                      Point right to right side, step right in place, cross left over right  
5&6                      Step right to right side, close left to right, cross right over left  
7&8                      Step left to left side, close right to left, step left to left side

## **ROCK BACK, RECOVER, CHASSE, COASTER TURN, STOMP, STOMP**

- 1-2 Rock back right, recover weight onto left
- 3&4 Step right to right side, close left to right, step right to right side
- 5&6 Step back left turning  $\frac{1}{4}$  left, close right to left, step forward left
- 7-8 Stomp forward right, stomp left behind right

## **STOMP, STOMP, HEEL SWIVELS**

- 1-2 Stomp forward right, stomp left behind right
- 3&4 Swivel both heels - out, in, out
- 5-6 Swivel both heels - in, out
- 7&8 Swivel both heels - in, out, in

## **SECTION C**

### **HEEL, TOE, SHUFFLE, ROCK, RECOVER, TOUCH UNWIND**

- 1-2 Dig right heel forward, touch right toe back
- 3&4 Step forward right, close left to right, step forward right
- 5-6 Rock forward left, recover weight onto right
- 7-8 Touch left toe back, unwind  $\frac{1}{2}$  left

### **HEEL, TOE, SHUFFLE, ROCK, RECOVER, TOUCH UNWIND**

- 1-2 Dig right heel forward, touch right toe back
- 3&4 Step forward right, close left to right, step forward right
- 5-6 Rock forward left, recover weight onto right
- 7-8 Touch left toe back, unwind  $\frac{1}{2}$  left

### **WEAVE LEFT, POINT, WEAVE RIGHT, POINT**

- 1-2 Cross right over left, step left to left side
- 3-4 Step right behind left, point left to left side
- 5-6 Cross left over right, step right to right side
- 7-8 Step left behind right, point right to right side

### **SAILOR, SAILOR $\frac{1}{4}$ , HEELS AND POINTS**

- 1&2 Step right behind left, step left to left side, step right in place
- 3&4 Step left behind right turning a  $\frac{1}{4}$  left, step right to right side, step left in place
- 5&6 Dig right heel forward, step right in place, dig left heel forward
- &7 Step left in place, point right to right side
- &8 Step right in place, and point left to left side

### **WEAVE RIGHT, POINT, WEAVE LEFT, POINT**

- 1-2 Cross left over right, step right to right side
- 3-4 Step left behind right, point right to right side
- 5-6 Cross right over left, step left to left side
- 7-8 Step right behind left, point left to left side

### **CROSS, TURN, SHUFFLE BACK, ROCK, RECOVER, SHUFFLE**

- 1-2 Cross left over right, step back right turning a  $\frac{1}{4}$  left
- 3&4 Step back left, close right to left, step back left
- 5-6 Rock back right, recover weight onto left
- 7&8 Step forward right, close left to right, step forward right

### **ROCK, RECOVER, SHUFFLE $\frac{1}{2}$ , ROCK, RECOVER, COASTER STEP**

- 1-2 Rock forward left, recover weight onto right
- 3&4 Step back left turning  $\frac{1}{4}$  left, step back left turning  $\frac{1}{4}$  left
- 5-6 Rock forward right, recover weight onto left

7&8 Step back right, close left to right, step forward right

### **ROCK, RECOVER, COASTER STEP, PIVOT TURN, STOMP, STOMP**

1-2 Rock forward left, recover weight onto right  
3&4 Step back left, close right to left, step forward left  
5-6 Step forward right, turn  $\frac{1}{2}$  over the left shoulder  
7-8 Stomp forward right, left

### **BRIDGE A**

#### **ROCK FORWARD, SIDE, BACK, SIDE & TOGETHER**

1-2 Rock forward right, recover weight onto left  
3-4 Rock right to right side, recover weight onto left  
5-6 Rock right back, recover weight onto left  
7&8 Rock right to right, recover weight onto left, close right to left

#### **ROCK FORWARD, SIDE, BACK, SIDE & TOGETHER**

1-2 Rock forward left, recover weight onto right  
3-4 Rock left to left side, recover weight onto right  
5-6 Rock back left, recover weight onto right  
7&8 Rock left to left side, recover weight onto right, close left to right

#### **MONTEREY TURN, HEEL, TOE, SHUFFLE FORWARD**

1-2 Touch right to right side, on ball of left make  $\frac{1}{2}$  turn right, stepping right beside left  
3-4 Touch left to left side, step left beside right  
5-6 Dig right heel forward, touch right toe back  
7&8 Step forward right, close left to right, step forward right

#### **MONTEREY TURN, HEEL, TOE, SHUFFLE FORWARD**

1-2 Touch left to left side. On ball of right make  $\frac{1}{2}$  turn left, stepping left beside right  
3-4 Touch right to right side. Step right beside left  
5-6 Dig left heel forward, touch left toe back  
7&8 Step forward left, close right to left, step forward left

#### **ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, SHUFFLE TURN**

1-2 Rock forward right, recover weight onto left  
3&4 Step back right, close left to right, step forward right  
5-6 Rock forward left, recover weight onto right  
7&8 Step back left turning  $\frac{1}{4}$  left, close right to left, step back left turning  $\frac{1}{4}$  left

#### **ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, SHUFFLE TURN**

1-2 Rock forward right, recover weight onto left  
3&4 Step back right, close left to right, step forward right  
5-6 Rock forward left, recover weight onto right  
7&8 Step back left turning  $\frac{1}{4}$  left, close right to left, step back left turning  $\frac{1}{4}$  left

### **BRIDGE B**

#### **POINT CROSS X4**

1-2 Point right to right side, cross right over left  
3-4 Point left to left side, cross left over right  
5-6 Point right to right side, cross right over left  
7-8 Point left to left side, cross left over right

#### **FULL MONTEREY TURN**

1-2 Touch right to right side, on ball of left make  $\frac{1}{2}$  turn right, stepping right beside left

3-4 Touch left to left side, step left beside right  
5-6 Touch right to right side, on ball of left make  $\frac{1}{2}$  turn right, stepping right beside left  
7-8 Touch left to left side, step left beside right

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