

Bandanna

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Christopher Petre (USA)
音樂: Land of Enchantment - Hot Rize



This is not the same "Land of Enchantment" that is used for the dance "Enchantment"

ROCK & HEEL, SHUFFLE, STEP ½ TURN, COASTER STEP

1&2 Rock forward right, recover onto left, touch right heel forward, toes up
3&4 Shuffle forward right, left, right
5-6 Step forward left, ½ turn right, weight stays back on left
7&8 Step back right, step left together, step right forward

SUGARFOOT, CROSS & HEEL, &WALK, WALK, KICK BALL HEEL

1-2 Touch left toe to left side, knee in, touch left heel to left side, knee out
3&4 Step left across right, step back diagonally on right, touch left heel forward on diagonal
&5-6 Quickly step on left, step right forward on left diagonal, step left forward continuing on left diagonal
7&8 Kick right foot forward, step right together, touch left heel forward

& HEEL, PUSH, SAILOR ½ TURN, STEP, SCUFF, LOCK & JACK

&1 Quickly step on left, touch right heel forward
2 Keeping weight on right heel, with straight right leg, step back diagonally on left with bent left leg. At the same time square off to 6:00 wall
3&4 Sweep right leg behind left, turning right to face 9:00 wall, step left continuing to turn right, step right ending on 12:00 wall
5-6 Step left foot forward and slightly across right, scuff right foot forward
7 Cross and lock right over left
&8 Step left back slightly diagonally, touch right heel forward

STEP TOUCH, SIDE, BEHIND SIDE STEP WITH ¼ TURN, ROCK & HEEL, & STEP HITCH KICK

&1 Step right in place, touch left toe behind right heel
2 Step left to left side.
3&4 Cross right behind left, step left to left side starting ¼ turn left, step right forward completing turn to 9:00 wall
5&6 Rock forward left, recover right, touch left heel forward
&7 Quickly step on left, step right forward
&8 Hitch left, kick right forward (as high as possible), landing on left

REPEAT

Option to counts 1&2 at the start of the dance

STAMP-KICK-HITCH

1&2 Stamp right foot in place (no weight), kick right foot forward, hitch right knee up hooking right heel across left leg

For a furiously fast reel, try "Deep Channel" by Afrocelts. Begin the music at 2:13 into the song. At this point a percussion bridge begins and this will be used as for your 32-count intro. You will hear the drums building up to the start (2:27 into the song) at which point the instruments kick in. End the dance at 5:03 into the song, on count 1 of the dance (you will be facing your left side/9:00 wall) Place your right heel forward for count 1 and slowly twist right to face the starting wall swiveling on the ball of your left foot. Hold for the sustained note; then bow and BREATHE!