All Wound Up

拍數: 32

級數: Intermediate contra dance

編舞者: Dan Pye (USA) & Jan Pye (USA)

音樂: All Wound Up - Sawyer Brown

Position: Opposing Lines Face Each Other

LEFT CROSS ROCK, LEFT SIDE SHUFFLE, 2 FORWARD SHUFFLES

- With weight on right foot, cross left foot over right rocking forward on left, back on right foot 1-2
- 3&4 Shuffle to left side (left, right, left)
- 5&6-7&8 2 shuffles forward (right, left, right)(left, right, left)

Contra lines will now be past each other, back to back

2 RIGHT TURNING JAZZ BOXES

1-2-3-4 Cross right foot over left, step back on left foot, ¼ turn right as you step forward on right foot, step left to place along side right

5-6-7-8 Repeat 2nd jazz box with same steps

Contra lines will now be face to face again

4 (1/4) TURNS RIGHT AS DANCERS MOVE IN A CIRCLE TO THE LEFT IN A DIAMOND FIGURE

At 45 degree angle forward & to right

1/4 turn right as you step forward on right foot, touch left toe to place as you clap hands with 1-2 new person opposite you

At 45 degree angle backward & to left

- 1/4 turn right as you step backward on left foot, touch right toe to place as you clap hands with 3-4 your original partner
- 5-6-7-8 Repeat the last four counts completing the circle and coming face to face with your original partner again

RIGHT SHUFFLE, CROSS ROCK STEP, LEFT SHUFFLE, RIGHT REAR COASTER STEP

- 1&2 Shuffle to right (right, left, right)
- 3-4 Rock back on left foot behind right foot, rock forward on right
- 5&6 Shuffle to left side (left, right, left)
- 7&8 Right rear coaster step (step back on right, back on left, forward on right)

REPEAT





牆數:2