

Capone

拍數: 64 牆數: 4 級數: Improver
編舞者: Maureen Jones (UK) & Michelle Jones (UK)
音樂: Capone - Ronan Hardiman : (CD: Celtic Tiger)



Intro: 16 counts from beat

'Capone's' steps are very easy - these steps are danced to 3 different tempos. Tempo changes link with the Jazz Box sections of the dance which are very easy to identify in the music. The dance sequence is given at the end of the script. It really is very easy!

CLICK SECTION

FULL PADDLE TURN, CROSS-TOUCH X4

- 1-2 On ball of left make $\frac{1}{4}$ turn left and rock right to right (push hips right), recover onto left and click fingers
- 3-8 Repeat counts 1-2 three times
- 9-10 Step right diagonally forward across left, touch left beside right and angle body towards right diagonal, clicking right fingers
- 11-12 Step left diagonally forward across right, touch right beside left and angle body towards left diagonal, clicking right fingers
- 13-16 Repeat counts 9-12

MAIN DANCE

ROCK, BACK SHUFFLE, BACK, KICK, PRISSY STEPS

- 1-2 Rock right forward, recover onto left
- 3&4 Shuffle back stepping right, left, right
- 5-6 Step left behind right heel, bending knees, kick right forward straightening knees
- 7-8 Step right forward and slightly across left, step left forward and slightly across right

CROSS, BACK, SIDE SHUFFLE, CROSS ROCK, LARGE STEP, DRAG

- 9-10 Step right across left, step left back
- 11&12 Step right to right, step left beside right, step right to right
- 13-14 Rock left across (keeping body facing forwards), recover onto right
- 15-16 Step left large step left, drag right to touch beside left

STEP, KICK, COASTER, STEP, $\frac{1}{2}$ PIVOT, STEP, DRAG

- 17-18 Step right forward, kick left forward
- 19&20 Step left back, step right beside left, step left forward
- 21-22 Step right forward, pivot $\frac{1}{2}$ turn left
- 23-24 Step right forward, drag left to touch beside right

SIDE, SCUFF $\frac{1}{4}$ TURN, STEP, SCUFF, ROCK, RECOVER, $\frac{1}{2}$ TURN, SCUFF

- 25-26 Step left to left, scuff right across left and make $\frac{1}{4}$ turn left
- 27-28 Step right forward, scuff left forward
- 29-30 Rock left forward, recover onto right
- 31-32 On ball of right make $\frac{1}{2}$ turn left and step left forward, scuff right forward

JAZZ BOX SECTION

JAZZ BOX IN TOE STRUTS WITH $\frac{1}{4}$ TURN RIGHT

- 1-2 Step right toe across left, drop right heel
- 3-4 Step left toe back, drop left heel
- 5-6 Make $\frac{1}{4}$ turn right and step right to right, drop right heel
- 7-8 Step left toe beside right, drop left heel

MODIFIED JAZZ BOX WITH $\frac{1}{4}$ TURN LEFT

9-10 Step right toe across left, drop right heel
11-12 Step left toe back, drop left heel
13-14 Step right to right, touch left beside right
15-16 Make ¼ turn left and step left forward, touch right beside left

ENDING

ROCK, COASTER

1-2 Rock right forward, recover onto left
3&4 Step right back, step left beside right, step right forward and throw arms up into air

DANCE SEQUENCE - (all sections clearly identifiable in the music)

CLICK SECTION - (tempo 112 bpm)

MAIN DANCE x 2

CLICK SECTION

MAIN DANCE x 2

JAZZ BOX SECTION -(tempo changes to 149 bpm)

MAIN DANCE x 7

COUNTS 1-8 ONLY OF JAZZ BOX SECTION - (tempo changes to 108 bpm)

MAIN DANCE x 2

ENDING

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