

Delight

拍數: 0 牆數: 0 級數: Phrased Improver
編舞者: Sebastiaan Holtland (NL) - December 2007
音樂: Buddha's Delight - Haley Bennett



Sequence: A 2x B - A 2x B - A tag 2x B music ends

PART A

SIDE STEP, CROSS, SIDE STEP, HITCH WITH ¼ TURN, LOCK STEP FORWARD, ¼ TURN, SIDE STEP, CROSS, SIDE STEP, HITCH WITH ¼ TURN, LOCK STEP FORWARD

- 1&2& Step right foot to the right, step left foot across right foot, step right foot to the right, make a hitch with your left knee with ¼ turn left weight onto right foot (9:00)
- 3&4 Step left foot forward, lock right foot behind left foot, step left foot forward weight onto left foot
- 5&6& Make ¼ left and step right foot to the right, step left foot across right foot, step right foot to the right, make a hitch with your left knee weight onto right foot (3:00)
- 7&8 Step left foot forward, lock right foot behind left foot, step left foot forward weight onto left foot (3:00)

SIDE STEP WITH ¼ TURN, TOUCH, STEP WITH ¼ TURN, TOUCH, SIDE STEP WITH ¼ TURN, TOUCH, SIDE STEP, TOUCH

- 1-2 Step right foot to right with ¼ turn left, touch left foot next right foot weight onto right foot (12:00)
- 3-4 Step left foot forward with ¼ turn left, touch right foot next to left foot weight onto left foot (9:00)
- 5-6 Step right foot to right with ¼ turn left, touch left foot next to right foot weight onto right foot
- 7-8 Step left foot to the left, touch right foot next to left foot weight onto left foot (6:00)

SIDE MAMBO RIGHT, TOGETHER, SIDE MAMBO LEFT, TOGETHER, KICK AND TOUCH FORWARD, ½ SWEEP TURN FORWARD, TOUCH

- 1&2 Step right foot to the right, recover on left foot, step right foot next to left foot take weight onto right foot (6:00)
- 3&4 Step left foot to the left, recover on right foot, step left foot next to right foot take weight onto left foot
- 5&6 Kick right foot forward, step right foot back in center, and touch left foot forward take weight onto right foot
- 7-8 Take weight back onto left foot, and sweeping with your right foot from back to front with ½ turn left, and touch right foot next to left foot holding weight onto left foot (12:00)

KICK AND TOUCH FORWARD, ½ SWEEP TURN FORWARD, TOUCH, SIDE MAMBO RIGHT, SIDE MAMBO LEFT

- 1&2 Kick right foot forward, step right foot back in center, and touch left foot forward take weight onto right foot (6:00)
- 3-4 Take weight back onto left foot, and sweeping with your right foot from back to front with ½ turn left, and touch right foot next to left foot holding weight onto left foot (6:00)
- 5&6 Step right foot to the right, recover on left foot, step right foot next to left foot take weight onto right foot
- 7&8 Step left foot to the left, recover on right foot, step left foot next to right foot take weight onto left foot (6:00)

(&) CROSS, FULL SWEEP TURN, SAILOR CROSS, SIDE CHASSE, TRIPLE STEP FORWARD WITH ½ TURN

- &1-2 Step right foot across left foot weight onto both feet, right foot & left foot turning full left, and sweeping with your left foot from front to back weight onto right foot (6:00)

- 3&4 Step left foot behind right foot, step right foot to the right, step left foot across right foot weight onto right foot
- 5&6 Step right foot to the right, close left foot next to right foot, step right foot to the right weight onto right foot (6:00)
- 7&8 Step left foot forward with $\frac{1}{4}$ left, step right foot $\frac{1}{8}$ forward left, step left foot $\frac{1}{8}$ forward left weight onto left foot (12:00)

PART B

SIDE STEP WITH $\frac{1}{4}$ TURN, TOUCH, STEP WITH $\frac{1}{4}$ TURN, TOUCH, SIDE STEP, WITH $\frac{1}{4}$ TURN, TOUCH, SIDE STEP, TOUCH

- 1-2 Step right foot to right with $\frac{1}{4}$ turn left, touch left foot next right foot weight onto right foot (12:00)
- 3-4 Step left foot forward with $\frac{1}{4}$ turn left, touch right foot next to left foot weight onto left foot (9:00)
- 5-6 Step right foot to right with $\frac{1}{4}$ turn left, touch left foot next to right foot weight onto right foot
- 7-8 Step left foot to the left, touch right foot next to left foot weight onto left foot (6:00)

SCISSOR CROSS HOLD, SCISSOR CROSS HOLD

- 1-2 Step right foot to the right, recover on left foot weight onto left foot (6:00)
- 3-4 Step right foot across left foot, take weight onto right foot, hold
- 5&6 Step left foot to the left, recover on right foot weight onto right foot (6:00)
- 7-8 Step left foot across right foot, take weight onto left foot, hold

SIDE STEP, TOUCH, SIDE STEP, TOUCH, SIDE STEP WITH $\frac{1}{4}$ TURN, TOUCH, SIDE STEP, TOUCH

- 1-2 Step right foot to the right, touch left foot next to right foot weight onto right foot (6:00)
- 3-4 Step left foot to the left, touch right foot next to left foot weight onto left foot
- 5-6 Step right foot to the right with $\frac{1}{4}$ turn left, touch left foot next to right foot weight onto right foot (3:00)
- 7-8 Step left foot to the left, touch right foot next to left foot weight onto left foot

SCISSOR CROSS HOLD, ROCK & STEP FORWARD WITH $\frac{1}{4}$ TURN HOLD

- 1-2 Step right foot to the right, recover on left foot weight onto left foot (3:00)
- 3-4 Step right foot across left foot, take weight onto right foot, hold
- 5-6 Step left foot to the left, recover on right foot with $\frac{1}{4}$ turn right (6:00)
- 7-8 Step left foot forward weight onto left foot, hold (6:00)

FORWARD ROCKING CHAIR RIGHT, HOLD, BACK ROCKING CHAIR LEFT, HOLD

- 1-2 Step right foot forward, recover on left foot (6:00)
- 3-4 Step left foot back, hold weight onto right foot
- 5-6 Step left foot back, recover on right foot
- 7-8 Step left foot forward, hold weight onto left foot (6:00)

MAKE $\frac{1}{4}$ TURN, MAMBO SIDE, TOGETHER, HOLD, MAMBO SIDE, TOGETHER, HOLD

- 1-2 Step right foot to the right with $\frac{1}{4}$ turn left, recover on left foot
- 3-4 Step right foot next to left foot take weight onto right foot, hold (3:00)
- 5-6 Step left foot to the left, recover on right foot
- 7-8 Step left foot next to right foot take weight onto left foot, hold (3:00)

TAG: At time 2:13 through 2:18, you hear in the music vocals singing " ooh ooh" with no beat. After count 28 insert the following tag

SIDE CHASSE, TRIPLE STEP FORWARD WITH $\frac{1}{2}$ TURN

- 1-2 Step right foot to the right, close left foot next to right foot, step right foot to the right weight onto right foot

3-4

Step left foot to the left, recover on right foot, step left foot next to right foot take weight onto left foot
