

# 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

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