

Longneck Bottle

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Alan Haywood (UK) - January 2008
音樂: Longneck Bottle - Garth Brooks : (Album: The Ultimate Hits)



Intro – quick start (4 seconds only), start on the word 'bottle'

Section 1

L back, hold, rock back R, recover L, R forward lockstep, hold

- 1 - 2 Step back onto left, hold for one count
- 3 - 4 Rock back onto right, recover weight forward onto left
- 5 - 6 - 7 - 8 Step forward onto right, lock left behind right, right forward, hold for one count

Section 2

L forward slow mambo, hold, triple ½ R, hold

- 1 - 2 - 3 - 4 Rock forward onto left, recover weight onto right, step left next to right, hold for one count
- 5 - 6 - 7 - 8 Make a ½ turn right stepping right left right, hold for one count (6 o'clock)

Section 3

2 x slow vaudervilles

- 1 - 2 - 3 - 4 Cross step left over right, right side, touch left heel diagonally left, step left next to right
- 5 - 6 - 7 - 8 Cross step right over left, left side, touch right heel diagonally right, step right next to left

Section 4

L forward slow mambo, hold, R behind, L ¼ L, ½ L, hold

- 1 - 2 - 3 - 4 Rock forward onto left, recover weight onto right, step left next to right, hold for one count
- 5 - 6 Step right behind left, step left ¼ left
- 7 - 8 Pivot ½ turn left stepping back onto right, hold for one count (9 o'clock)

RESTART HERE WALLS 2 & 5

Section 5

L back, hold, rock back R, recover L, R side rock, recover L, cross R over, hold

- 1 - 2 Step back onto left, hold for one count
- 3 - 4 Rock back onto right, recover weight forward onto left
- 5 - 6 Rock right to right side, recover weight onto left
- 7 - 8 Cross step right over left, hold for one count

Section 6

L side, R behind, L ¼ L, hold, triple full turn L, sweep L

- 1 - 2 Step left to left side, cross step right behind left
- 3 - 4 Step left ¼ left, hold for one count
- 5 - 6 - 7 - 8 Triple full turn L (on spot) right left right, sweep left out and behind right (no weight) (6 o'clock)

EASY OPTION FOR TRIPLE FULL TURN – right forward mambo step

Section 7

L behind, R side, cross L over, hold, R side rock, recover L, cross R over, hold

- 1 - 2 Cross step left behind right, step right to right side
- 3 - 4 Cross step left over right, hold for one count
- 5 - 6 Rock right to right side, recover weight onto left
- 7 - 8 Cross step right over left, hold for one count

Section 8

L side, R behind, L ¼ L, hold, triple full turn L, hold

- 1 - 2 Step left to left side, cross step right behind left
- 3 - 4 Step left ¼ left, hold for one count
- 5 - 6 - 7 - 8 Triple full turn L (on spot) right left right, hold (3 o'clock)

EASY OPTION FOR TRIPLE FULL TURN – right forward mambo step

REPEAT AND ENJOY!!

Restarts

To keep music in phase, there are just two restarts both in the same place of the dance (this makes life easier doesn't it!!!)

Restarts happen after count 32 (end of section 4) both times on the word 'bottle' as in the start of the dance.

Wall 2 – Start wall facing 3 o'clock, restart dance facing 12 o'clock

Wall 5 – Start wall facing 6 o'clock, restart dance facing 3 o'clock

Where music slows towards the end, during the vaudervilles, carry on dancing at the same pace
