

拍數: 48 牆數: 4 級數: Improver

編舞者: Neil Calvert (WLS) - May 2008

音樂: Virtuoso - David King: (Album: Spirit of the dance)



Suggested music: 'Celtic Tiger' from the album 'Celtic Tiger' by Ronan Hardiman

Virtuoso – Dance starts after 40 seconds and speed of music increases about half way through. Celtic Rock - Dance begins after 28 seconds at the sound of the drum beats and speed of track varies throughout

(1-8) Right hitch, kick, step right left right in place, left hitch kick, step back left right left

1-2	Hitch with right leg then kick right leg

3&4 Step forward right, left, right

5-6 Hitch with left leg then kick left leg

7&8 Step back left, right, left.

(9-16) Cross rock, side together side, cross rock side together quarter turn

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11&12 Step to right side, step left beside right, step right to right side

13-14 Cross left foot over right and replace

15&16 Step left to left side, step right beside left making a quarter turn to the left, step left foot

forward.

(17-24) Sweep step rock, rock, sweep step, step forward on right stomp left and right

17-18	Sweep right leg anti-clockwise from behind in front (weight on ball of right foot)
19-20	Rock left to left side (diagonally back from right) and replace weight on to right

21-22 Sweep left leg clockwise from behind to step in front

Step forward on right level with the left foot and stomp down left and right

(25-32) Behind side forward hold, cross, quarter turn left, step forward left right and clap twice

25-26	Cross lef	ft leg behind	right, step	right to	right side

Walk forward on left level with the right foot and hold (weight on left foot)

Cross right foot over left making a quarter turn to the left, walk forward on left

31&32 Step forward on right, clap twice (weight on left foot).

(33-40) Weave left and point, weave right with quarter turn and tap behind twice

33-34	Cross right over left, step left to left side
35-36	Cross right behind left, point left to left sid

37-38 Cross left over right, step right to right side making a quarter turn to the left

39&40 Cross left behind right, tap right toe behind twice.

(41-48) Rock, rock, point to side and replace, heel switches and clap

41-42	Rock forward	on right,	rock back on left
41-42	Rock forward	on right,	rock back on lett

43-44 Point right foot to right side, bring right foot back
45& Touch left heel forward step left beside right,
46& Touch right heel forward step right beside left,
47&48 Touch left heel forward step left beside right, clap.

Start again and enjoy