

Lord Of The Dance

拍數: 32 牆數: 2 級數: Advanced
編舞者: Dan Morrison (CAN) - June 2008
音樂: Lord Of The Dance - Cut #7 : (CD: Lord Of The Dance)



Intro: 16 Counts

Swivel, Ball-Cross, Heel, Cross-Full Turn, Body Ripple

- 1 Touch R toe forward Swivel both heels in (1)
- &2 Swivel heels out (&) Swivel heels in (2)
- &3-4 Step R back (&) Step L over R (3) Touch R forward (4)
- &5-6 Touch R heel over L (&) Unwind full turn L (5,6) feet together, knees slightly bent
- 7-8 Body Ripple (push hips forward, pushing body forward into standing position)

Heel-Step-Touch, 3/4 Pivot R, Rock-Step, L Shuffle Inplace

- 1&2 Touch R heel forward (1) Step R back (&) Touch L toe across R (2)
- 3-4 Unwind 3/4 turn R, wt. on R
- 5-6 Step L forward (5) Step R inplace (6)
- 7& Step L slightly forward (7) Step R inplace (&)
- 8& Step L slightly forward (8) Step R inplace (&)

Syncopated Heel-Jacks, Syncopated Rock-Steps

- 1 Step L back touching R heel forward
- & Step down on R touching L to R
- 2 Step L back touching R heel forward
- & Step down on R touching L to R
- 3& Step L forward (3) Step R inplace (&)
- 4& Step L forward (4) Step R inplace (&)
- 5-8 Repeat same 4 Counts

(&) 1/2 Pivot, Travelling Hat-Dance

- &1-2 Step L back (&) Step R forward (1) 1/2 Pivot L, wt. on L (2)
- 3& Touch R heel forward (3) Step down on R (&)
- 4& Touch L heel forward (4) Step down on L (&)
- 5-6 Step L forward (5) 1/2 Pivot L, wt. on L (6)
- 7& Touch R heel forward (7) Step down on R (&)
- 8& Touch L heel forward (8) Step down on L (&)

START AGAIN

Note: Song speeds up about 3/4 the way through the song.

Have fun and keep smiling.