

Banners Blue And Green

拍數: 76 牆數: 2 級數: Intermediate
編舞者: Phil Johnson (UK) - September 2008
音樂: Coisich, A Ruin - Capercaillie : (CD: Delerium)



Intro: Karen Matheson sings Coisich, a ruin, hu il oro, Cum do ghealladh rium, o hi ibh o; Beir soraidh bhuam, hu il oro Dhan Hearadh, boch oraino o" - After which there are 8 drum beats and then a much heavier beat. On that heavy beat count 32, then dance Steps 1-38 are a modified Gay Gordon

This song is in Gaelic so the dance has woven through it hints of Scottish Country dancing

Walk Forward Right Left, Right Shuffle, Half Turn Right Walk Back Left Right, Left Coaster

1-2 Step forward right, left
3&4 Step right forward, step on left beside right, step right forward
5-6 Half turn right stepping left back, step right back
7&8 Step left back, step on right beside left, step left forward

Walk Forward Right Left, Right Shuffle, Half Turn Right Walk Back Left Right, Left Coaster

9-16 Repeat steps 1-8

Step Pivot Twice

17-18 Step right forward, pivot half turn left
19-20 Repeat steps 17-18 (sway as you pivot turn)

Chasse Right, ¼ Turn Right Chasse Left, ¼ Turn Right Chasse Right, Left Shuffle Forward

21&22 Step right to side, step on left beside right, step right to side
23&24 ¼ turn right stepping left to left side, step right beside left, step left to side
25&26 ¼ turn right stepping right to right side, step on left beside right, step right to side
27&28 Step left forward, step right beside left, step left forward

Rock Forward And Back, Right And Left Sailors Traveling Backwards Twice

29-30 Rock Right Forward, Recover Left Back
31&32 Step on right behind left, rock on left to left side (slightly back), rock onto right (slightly back)
33&34 Step on left behind right, rock on right to right side (slightly back), rock onto left (slightly back)
35-38 Repeat steps 31-34 (right and left sailor steps traveling back)

And now, a variation on a Sword Dance

Jump Right Touch Hold & Click Fingers; Jump Left Touch Hold & Click Fingers; Syncopated Weave To The Right

&39-40 Jump right to right side, touch left toe beside right, hold and click fingers at head height
&41-42 Jump left to left side, touch right toe beside left, hold and click fingers at head height
&43&44& Step right to side, step on left behind right, step right to side, cross left in front of right, step right to side,
45&46 cross on left behind right, step right to side, touch left beside right

Jump Left Touch Hold & Click Fingers; Jump Right Touch Hold & Click Fingers; Syncopated Weave To The Left

&47-54 Repeat steps &39-46 leading with left

Touch Right Toe To Right, Touch Right To Left Leg, Jump Forward To Right Diagonal, Touch Left Toe Beside Right Hold And Click Fingers

55-56 Touch right toe to right side, touch sole of right foot against lower left leg (toe pointing to floor)

&57-58 Jump forward to right diagonal landing on right, touch left toe beside right, hold clicking fingers at head height

Touch Left Toe To Left, Touch Left To Right Leg, Jump To Left Side, Touch Right Toe Beside Left Hold Clicking Fingers

59-60 Touch left toe to left side, touch sole of left foot against lower right leg (toe pointing to floor)

&61-62 Jump to left side landing on left, touch right toe beside left, hold and click fingers at head height

Touch Right Toe To Right, Touch Right To Left Leg, Jump Backwards To Right Diagonal, Touch Left Toe Beside Right Hold Clicking Fingers

63-64 Touch right toe to right side, touch sole of right foot against lower left leg (toe pointing to floor)

&65-66 Jump backwards to right diagonal landing on right, touch left toe beside right, hold clicking fingers at head height

Touch Left Toe To Left, Touch Left To Right Leg, Jump To Left Side, Touch Right Toe Beside Left Hold Clicking Fingers

67-70 Repeat steps 59-62

All of steps 55-70 may be done with arms out at shoulder height, elbows bent and hands at head height in the style of Scottish Sword Dancers

Rock Forward, Recover, Right And Left Sailor Steps Traveling Backwards

71-72 Rock right forward, recover left back

73&74 Step on right behind left, rock on left to left side (slightly back), rock onto right, slightly back

75&76 Step on left behind right, rock on right to right side (slightly back) rock on left to left side

Repeat

TAG: At the END of the SECOND wall (facing home wall), do a further right and left sailor steps then cross right over left, point left toe to left side; cross left over right and point right to right side

ENDING: You will end the dance facing front dancing steps &39-&43. For step 43 touch left beside right on the last note of the song keeping arms held up
