

The Elizabethan

拍數: 36 牆數: 4 級數: Advanced Beginner
編舞者: William Sevone (UK) - May 2009
音樂: Elizabethan Reggae - Boris Gardiner : (Many Compilations)



Dance sequence:- 36-44-36-44-36-44-36-44-36-20

Choreographers note:- The dance has an alternate 36-44 count throughout and with the music being typical 4/4 Ska rhythm, the 'dance' is deceptively fast.

Because of the tags, even though repetitive, this dance is aimed at the experienced dancer who has just moved into the Advanced Beginner level.

Be fluid with your styling – and read the notes.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts after the initial 16 count intro with weight on the left.

4x Short Fwd-Hold (12:00)

- 1 – 2 Short step forward onto right. Hold.
- 3 – 4 Short step forward onto left. Hold
- 5 – 6 Short step forward onto right. Hold.
- 7 – 8 Short step forward onto left. Hold

Dance note: Knees slightly bent. Forearms raised (LRLR) and motioned like a runner.

Styling: wiggle hips as you step forward.

4x Short Bwd-Hold (12:00)

- 9 – 10 Short step backward onto right. Hold.
- 11 – 12 Short step backward onto left. Hold
- 13 – 14 Short step backward onto right. Hold.
- 15 – 16 Short step backward onto left. Hold

Dance note: Knees slightly bent. Forearms raised (LRLR) and motioned like a runner.

Styling: wiggle hips as you step forward.

Dance Finish – optional (see foot of script)

4x Dip-Diagonal Kick (12:00)

- 17 – 18 Step backward onto right. Kick left diagonally left.
- 19 – 20 Step left next to right. Kick right diagonally right.
- 21 – 22 Step right next to left. Kick left diagonally left.
- 23 – 24 Step left next to right. Kick right diagonally right.

Dance note: Steps: bend knees. Kicks: straighten up.

Forearms raised (with steps: LRLR - with kicks: RLRL) and motioned like a runner.

2x Grapevine with Diagonal Kick (12:00)

- 25 – 26 Step right behind left. Step left to left side.
- 27 – 28 Cross right over left. Kick left diagonally left.
- 29 – 30 Step left behind right. Step right to right side.
- 31 – 32 Cross left over right. Kick right diagonally right.

3/4 Rock Step Turn (9:00)

- 33 – 34 Turn ¼ right & rock step right to right side (3). Recover onto left.
- 35 – 36 Turn ¼ right & rock step right to right side (6). Turn ¼ right & recover onto left (9).

TAG: The 8 count tag occurs at the end of EVERY second wall (facing 6 and 12 O'clock).

- 1 – 4 Recover onto right. Cross left over right. Step backward onto right. Step left to left side.
- 5 – 8 Cross right over left. Step backward onto left. Step right to right side. Step forward onto left.

DANCE FINISH: At the end of wall 9 (facing 9 O'clock) complete the first two sections then:

1 – 4 Turn $\frac{1}{4}$ right & rock step right to right side. Recover onto left.

3 – 4 Rock step right to right side. Short step forward onto left.

Dance note: Count 4: Knees slightly bent – right forearm forward motioned like a runner.
