

I Am The Bell

拍數: 0 牆數: 2 級數: Phrased Intermediate Contra
編舞者: Eva Pau (CAN) - April 2009
音樂: Copper Bell Hanging on The Vine - Anita Mui



Sequence: AA, Tag, B, AAA, B, AAA.

Part A

1/2 Turn Side Shuffles X 3 (Small Steps), Coaster Step

1&2& Right side shuffle right, left, right, ½ turn right with weight on right
3&4& Left side shuffle left, right, left, ½ turn left with weight on left
5&6 Right side shuffle right, left, right
7&8 Step left back, step right together, step left forward

Forward Shuffle, 1/4 Turn Shuffle X2, Coaster Cross

1&2& Shuffle forward right, left, right, ¼ turn right with weight on right
3&4& Side shuffle left, right, left, ¼ turn right with weight on left
5&6 Back shuffle right, left, right
7&8 Step left back, step right together, cross left over right

Sway X4, Forward Touch & Shimmy, Back Rock

1-4 Sway right, left, right, left
5&6 Touch right slightly forward, shake shoulders back & forth right, left, right
7-8 Rock right back, recover on left

Side Shuffle & Rock Back X2

1&2 Side shuffle right, left, right to right
3-4 Rock left behind right, recover on right
5&6 Side shuffle left, right, left to left,
7-8 Rock right behind left, recover on left

4 COUNT TAG: SWAY RIGHT, LEFT, RIGHT, LEFT

Part B

Forward Walk X3, Forward Kick, Back Scoot & Hitch X2

1-4 Walk forward right, left, right, kick left forward
5-6 Step left back & scoot, hitch right
7-8 Step right back & scoot, hitch left

Weave Left, Rock Recover ¼ Turn, Forward Walk X2

1-4 Step left to left, step right behind left, step left to left, cross right over left
5-8 Rock left to left, recover on right ¼ right, walk forward left, right

Forward Rock, ¼ Turn Side Shuffle, Cross Rock, Side Shuffle

1-2 Rock left forward, recover on right
3&4 ¼ turn left side shuffle left, right, left
5-6 Cross rock right over left, recover on left
7&8 Side shuffle right, left, right

Cross Point X2, Forward Rock, Back Touch

1-4 Cross left over right, point right to right, cross right over left, point left to left
5-8 Rock left diagonally forward, recover on right, step left back, touch right together

