

True Lies

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Adrian Churm (UK) - June 2009
音樂: Is It True? - Yohanna : (CD: Eurovision Song Contest: Moscow 2009)



Start on vocals

S1. Side rock, recover x2, weave to right.

1 Right to right side
2&3 Rock back and behind on left, recover forward onto right foot, left foot to the left side.
4&5 Rock back and behind on right, recover forward onto left foot, right foot to right side.
6&7 Left foot behind right, right foot to right side, left foot across right.
8&8 Right foot to right side, left foot behind right, right foot to right side.

S2. Cross rock, side cross, hold, double Crossovers ¼ turn left, Lock Back.

1-2 Rock left across right, recover back onto right foot
8&3-4 Step ball of left foot to the side, cross right in front of left, hold
8&5 Step ball of left foot to the side, cross right in front of left.
8&6-7 Step ball of left foot to the side, cross right in front of left, ¼ turn left left foot forward
8&1 Step right foot back, cross left in front of right, step right foot back.

S3. Rock recover ½ turn triple step on the spot(x2)

2-3 Rock back onto left, recover forward onto right foot.
4&5 Make a ½ turn shuffle around to the right stepping left, right, left,
6-7 Rock back on right, recover onto left,
8&1 Make a ½ turn shuffle around to the left stepping right, left, right.

S4. Rock, recover, full turn forward, rock, recover, lock step back

2-3 Rock back on left, recover forward onto right foot.
4&5 Full turn right moving forward Stepping left, right, left. (Easy option shuffle forward).
6-7 Rock forward onto right, recover back onto left foot
8&1 Right foot back, left crossed in front of right, right foot back.

S5. Lock step back, Coaster step, slow lock, diagonal lock step forward

2&3 Left foot steps back, right crossed in front of left, left foot back.
4&5 Right foot steps back, close left to right, right foot steps forward (side on restart)*.
6-7 Left foot steps forward, lock right behind left
8&1 To left diagonal left foot steps forward, lock right behind left, left foot steps forward.

S6. Two cross rocks to left then right diagonal, double cross rock.

2&3 Rock right across left (left diagonal) recover back onto left foot, right foot to the side (centre).
4&5 Rock left across right (right diagonal) recover back onto right, left foot to the side (centre).
6&7 Rock right across left, recover back onto left, rock right out to right side.
8&8&1 Recover onto left, rock right across left, recover back onto left, rock right out to right side.

(The last step is the first step of the routine)

Restarts: On the 2nd and 4th repetition of the routine restart the dance again after counts "4&" in section 5 by taking the right foot to the side instead of forward's in the coaster step

Ending: On the 6th repetition replace count 8&1 of section 3 with a full triple turn left to face the front.