Just Dance Away

拍數: 72

級數: Intermediate

編舞者: Maggie Gallagher (UK) - July 2009

音樂: Dance Away (Seventh Heaven Radio Edit) - Alan Connor : (CD: Something Going On)

Intro : 56 counts (26 secs) Start on the word "Yesterday" - (Total Song Duration 3m 54s)

S1: OUT, OUT, RIGHT JAZZ, STEP, 1/2 PIVOT LEFT, STEP

- &1 Step forward on right diagonal, Step out on left diagonal [12.00]
- 2,3 Cross right over left, Step back on left
- 4,5 Step to right side, Step forward on left
- 6,7 Step forward on right, 1/2 pivot turn left [6.00]
- 8 Step forward on right

S2: 1/2 RIGHT, 1/4 RIGHT, LEFT CROSSING SHUFFLE, SIDE ROCK, RECOVER, RIGHT SAILOR

- 1,2 1/2 turn right stepping back on left, 1/4 turn right stepping right to right side [3.00]
- 3&4 Cross left over right, Step right to right side, Cross left over right
- 5,6 Step right to right side rocking to right, Recover onto left side
- 7&8 Cross right behind left, Step left to left side, Step right to right side [3.00]

S3: POINT BACK, UNWIND 1/2 LEFT, WALK, 1/2 RIGHT, POINT BACK, UNWIND 1/2 RIGHT, ROCK, RECOVER

- 1,2 Point left back, Unwind 1/2 turn left (weight on left) [9.00]
- 3,4 Walk forward right, 1/2 turn right stepping back on left [3.00]
- 5,6 Point right toe back, Unwind 1/2 turn right (weight on right) [9.00]
- 7,8 Rock forward onto left, Recover onto right

S4: LEFT SUFFLE BACK, ROCK BACK, RECOVER, STEP, 1/2 PIVOT, CROSS, POINT

- 1&2 Step back on left, Step right next to left, Step back on left
- 3,4 Rock back on right, Recover onto left
- 5,6 Step forward on right, 1/2 pivot turn left [3.00]
- 7,8 Cross right over left, Point left to left side

S5: CROSS POINT, HITCH, POINT, HOLD, SWITCH POINT, HITCH, POINT

- 1,2 Cross left over right, Point right to right side
- 3,4 Hitch right knee across left, Point right to right side
- 5&6 HOLD, Step right next to left, Point left top left side
- 7,8 Hitch left knee across right, Point left to left side [3.00]

S6: 1/4 SWIVEL, KICK, ROCK BACK, RECOVER, FULL TURN RIGHT, STEP, 1/2 PIVOT RIGHT

- 1,2 1/4 turn swivel left (weight on right), Kick left foot forward [12.00]
- 3,4 Rock back on left, Recover onto right
- 5,6 1/2 turn right stepping back on left, 1/2 turn right stepping forward on right [12.00]
- 7,8 Step forward on left, 1/2 pivot turn right [6.00]

S7: LEFT SHUFFLE, RIGHT RONDE CROSS, LEFT SHUFFLE BACK, ROCK BACK, RECOVER

- 1&2 Step forward on left, Step right next to left, Step forward on left
- 3,4 Ronde sweep right toe to front, Cross right over left
- 5&6 Step back on left, Step right next to left, Step back on left
- 7,8 Rock back on right, Recover onto left [6.00]

S8: VINE RIGHT, TOGETHER, RIGHT JAZZ





牆數:2

1,2,3,4 Step right to right side, Cross left behind right, Step right to right side, Step left next to right [6.00]

Restart 2 – Here during wall 4 – Facing front wall

- 5,6,7,8 Cross right over left, Step back on left, Step right to right side, Step left next to right [6.00]
- Restart 1 Here during wall 2 Facing front wall

S9: STEP FORWARD, TOUCH, STEP BACK, TOUCH, JUMP OUT-OUT, HOLD, JUMP BACK IN-IN, HOLD

- 1,2,3,4 Step forward on right diagonal, Touch left next to right, Step back on left diagonal, Touch right next to left
- &5,6 Jump forward out-out R, L, HOLD
- &7,8 Jump back in-in R, L, HOLD [6.00]

Start again

RESTARTS:

During wall 2 omit the last 8 counts of the dance. Restart from count 1 facing front wall. During wall 4 omit the last 12 counts of the dance. Restart from count 1 facing front wall.

My thanks to Tim for suggesting this music.