

Sandcastle Disco

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Francien Sittrop (NL) - 2009
音樂: Sandcastle Disco - Solange Knowles & The Hadley St. Dreams



Intro : Start after 16 counts from the beat

(1 – 8) Side , Point , Kick Ball Cross and Cross, Side, Sweep Sailor step ¼ Turn R

1 – 2 Step R to R side (Facing Diag, to the L), Point L fwd (11.00)
3 & 4 Kick L fwd, Step L next to R, Step R across L
&5 Step L to L side ,Step R across L
6 Step L to L side (12.00)
7 & 8 Sweep R behind L with ¼ Turn R, Step L next to R, Step R fwd (3.00)

(9-16) Step fwd, Pivot ½ Turn R, Shuffle ½ Turn, Rock, Recover, Kick & Point & Close

1 – 2 Step L fwd, Pivot ½ Turn R (9.00)
3 & 4 Shuffle ½ Turn R with L,R,L (3.00)
5 – 6 Rock R back, Recover on L
7&8& Kick R fwd, Step R next to L, Point L to L side, Step L next to R

(17-24) Step, Lock, Lock Step, Step fwd, ¼ Turn R, Cross Shuffle

1 – 2 Step R fwd, Lock L behind R
3 & 4 Step R fwd, Lock L behind R, Step R fwd
5 – 6 Step L fwd , ¼ Turn R (6.00)
7&8& Step L across R, Step R to R side, Step L across R, Step R to R side

(25-32) Cross , ¼ Turn R , Step Fwd, ¼ R and Cross , Rock , Recover , Coaster & Heel & Close

1 – 2 Step L across R (Bend knees), ¼ Turn R step R fwd(raise) (9.00)
3 & 4 Step L fwd, ¼ Turn R , Step L across R (12.00)
5 – 6 Rock R fwd, Recover on L
7&8& Step R back, Step L next to R, Touch R heel fwd, Step R next to L

(33-40) Point, Flick ¼ Turn R , Shuffle fwd, Step R fwd, Pivot ½ Turn L , Shuffle fwd

1 – 2 Point L to L side, Flick L back with ¼ turn R (click fingers) (3.00)
3 & 4 Step L fwd, Step R next to L , Step L fwd
5 – 6 Step R fwd, Pivot ½ Turn L and step L next to R (9.00)
7&8 Step R fwd, Step L next to R, Step R fwd

(41-48) Cross, Unwind , Side Shuffle, Cross, Side, Sailor Step ¼ Turn L

1 – 2 Step L across R, Full turn R (weight ends on L)
3 & 4 Step R to R side, Step L next to R, Step R to R side
5 – 6 Step L across R, Step R to R side
7&8 Step L behind R with ¼ Turn L , Step R next L, Step L to L side (6.00)

(49-56) Step fwd, Touch & Heel & Point & Point, Hitch , Mambo fwd, Step Back

1 – 2 Step R fwd, Touch L behind R
&3&4 Step L down, R heel fwd, Step R next to L, point L to L side
&5-6 Step L next to R, Touch R to R side, Hitch R
7 & 8 Rock R fwd, Recover on L, Step R Back and Sweep L back

(57-64) Behind, Side, Twinkle Step ¼ Turn L, Step Fwd, ½ R step Back, Rock, Recover, Touch

1 – 2 Step L behind R, Step R to R side

3 & 4 Step L across R, Rock R to R side, Recover on L with $\frac{1}{4}$ Turn L (3.00)
5 – 6 Step R fwd, $\frac{1}{2}$ Turn R and step L back (9.00)
7 & 8 Rock R back, Recover on L, Touch R next to L

Start Again

During the dance, in wall 6 the beat drops. Please continue dancing

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