

The Silence

拍數: 80 牆數: 1 級數: Advanced
編舞者: Val Parry (UK) - February 2010
音樂: The Silence - Alexandra Burke



INTRO - Starts on word "UP" as she sings "You Lift Me UP"

WALL 1 ONLY (Special sequence) - STARTS on Section 7 Dance through sections 7-10 and then Section 5-6 After completing wall 1 you will be facing the 6'clock wall. Now dance walls 2, 3, 4 with Tag at end of wall 3

Section 1: NOTE: Always starts on 6 o'clock wall

NEW - FULL ROLLING TURN RIGHT, CROSS ROCK ¼, FORWARD ROCK, BACK ROCK, PIVOT ½

1, 2 & Step 1/4 right, Turn 1/2 right stepping back on left, Turn ¼ right stepping right to right side
3 4 & Cross rock left over right, Recover onto right, turn ¼ left stepping forward on left
5, 6 Rock Forward on right, recover weight on Left,
7 & 8 & Rock Back on Right, Recover weight on left, step forward on right, pivot ½ left WOL [9]

Section 2: FORWARD ROCK, SWEEP ½ COASTER STEP, CROSS ROCK, SIDE ROCK CROSS

1, 2 Rock Forward on right, recover weight on left
3 & 4 Sweep ½ right, stepping Right behind Left, Step left next to right, step forward on Right.
5, 6 Cross rock left over right, Recover onto right
7 & 8 Rock left out to left side, recover weight on right, cross left over right WOL [3]

Section 3: FULL ROLLING TURN RIGHT, CROSS ROCK ¼, FORWARD ROCK, BACK ROCK, PIVOT ½

1, 2 & Step 1/4 right, Turn 1/2 right stepping back on left, Turn ¼ right stepping right to right side
3 4 & Cross rock left over right, Recover onto right, turn ¼ left stepping forward on left
5, 6 Rock Forward on right, recover weight on Left,
7 & 8 & Rock Back on Right, Recover weight on left, step frwrd on right, pivot ½ left WOL [6]

Section 4: FORWARD ROCK, SWEEP ½ COASTER STEP, CROSS ROCK, SIDE ROCK CROSS

1, 2 Rock Forward on right, recover weight on left
3 & 4 Sweep 1/2 right, stepping Right behind Left, Step left next to right, step forward on Right.
5, 6 Cross rock left over right, Recover onto right
7 & 8 Rock left out to left side, recover weight on right, cross left over right WOL [12]

Section 5: RIGHT AND LEFT NIGHTCLUB BASICS, STEP FULL TURN, MAMBO FORWARD

1, 2 & Step right long step to right. Rock left back behind right. Recover onto right.
3, 4 & Step left long step to left. Rock right back behind Left. Recover onto left.
5, 6, 7, Step forward on right, Moving forward, make full turn right stepping left back, right forward
8 & 1 Rock forward on left, recover weight on right, Step back on left WOL [12] (**WALL 1 [3])

Section 6: SWEEP, STEP BEHIND, (4 Times) SAILOR ¼, CROSS

&2 &3 Sweep right out from front. Step right behind left. Sweep left out from front. Step left behind right.
&4 &5 Sweep right out from front. Step right behind left. Sweep left out from front. Step left behind right.
6 & 7 Sweep right out 1/4 turn right Cross right behind left, step left in place, Step right to right side
8 Cross step Left over Right WOL [3] (**WALL 1 [6])

Section 7: THIS IS WHERE WALL ONE STARTS

SIDE, CROSS ROCK SIDE, CROSS ¼ ¼, CROSS ROCK, FULL ROLLING TURN

- 1, 2 & 3 Step Right long step right, Cross rock left over right, recover weight on right, Step left to left side
- 4 & 5 Cross right over left, turn ¼ right stepping back on left, turn ¼ right stepping right to right side
- 6, 7, Cross rock left over right, recover weight on right
- 8 & 1 Turn ¼ left, step L frwr, turn ½ left step R back, Turn ¼ left step L side, WOL [9] (**WALL 1 [6])

Section 8: CROSS, SIDE, SAILOR ¼, WALK, WALK, STEP PIVOT ½, STEP FORWARD

- 2, 3, Cross step Right over Left, step Left to Left side.
- 4 & 5 Sweep Right behind Left, make 1/4 turn to Right step Left next to Right, step forward on Right.
- 6, 7, Walk Forward L, R,
- 8 & 1 Step forward Left,. Pivot 1/2 turn right, Step forward left WOL [6]] (**WALL 1 [3])

Section 9: FORWARD ROCK, COASTER STEP, STEP TURN BACK, SHUFFLE HALF TURN

- 2, 3, Forward Rock on right, recover on left
- 4 & 5 Step back on right, step left next to right, step forward on right
- 6, 7, Step forward on left, turn ½ left stepping back on right
- 8 & 1 shuffle 1/2 turn left stepping left, right, left WOL [6]] (**WALL 1 [3])

Section 10: CROSS ROCK, SIDE ROCK CROSS, SWAY LEFT RIGHT LEFT

- 2, 3, Cross rock right over left, Recover onto left
- 4 & 5 Rock right out to right side, recover weight on left, cross right over left
- 6, 7, 8 Sway L, Sway R, Sway L WOL [6]] (**WALL 1 [3])

TAG 8 Counts, Done once only facing the 6 o'clock wall after wall 3

- 1 - 2 Step right to right side, 1/2 hinge turn right stepping left to left side,
- 3 - 4 Sway onto right, Sway onto left
- 5 - 6 Step right to right side, 1/2 hinge turn right stepping left to left side,
- 7 - 8 Sway onto right, Sway onto left WOL [6]

ENDING DANCE UP TO COUNT 5 OF SECTION 10 replace counts 6,7,8, with

- 6,7,8 sway L, Step right to right side, 1/2 hinge turn left stepping left to left side WOL [12]

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