

Parachute

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - January 2010
音樂: Parachute - Cheryl : (CD: 3 Words)



4 count intro.....very quick start!) – 116bpm

(1-8) R point, ½ R monterey turn & L flick, diagonal rocking chair, L cross shuffle

1-2 Touch R toes to R side, turning ½ right step R together and flick L foot back (6 o'clock)
3-4 Cross rock L over R on R diagonal, recover weight on R
5-6 Rock L back on L diagonal, recover weight on R
7&8 Cross step L over R, step R side, cross step L over R

(9-16) R hitch & cross step R over L, hold, L side, R drag ball step, fwd R & L, hold with head movements (whip lash!)

&1-2 Lift/hitch R up, cross step R over L, hold
3-4 Step L side left (large step), drag R together (keeping weight on L)
&5-6 Step R back, step L forward, step R forward
7&8 Step L forward, hold

Head movement on &8: Turn head R, then back forward with quick ¼ turns

(17-24) R fwd rock & recover, R back, L fwd flick, L back, R sweep into behind-side-cross, ¼ R hitching on L

1-2& Rock R forward, recover weight on L, step R back
3-4 Flick L forward, step L back
5 Sweep R front to back
6&7 Cross step R behind L, step L side, cross step R over L
7 Turning ¼ right on R lift/hitch L (9 o'clock)

(25-32) L cross rock & recover, L side, R cross rock & recover, R ball cross, ½ hinge bring feet together

1-3 Cross rock L over R, recover weight on R, step L side left
4-5 Cross rock R over L, recover weight on L
&6 Step R side, cross step L over R
7-8 Turning ¼ left step R back, turning ¼ left step together (3 o'clock)

Tag: Occurs at end of 5th wall facing R side. Dance tag and start dance again.

1-4 Syncopated jazz box x 2
1&2& Cross step R over L, step L back, step R side, step L together
3&4& Cross step R over L, step L back, step R side, step L together

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