

Eagle

拍數: 32 牆數: 3 級數: Improver
編舞者: Louise Elfvengren (NOR) - March 2010
音樂: Eagle - ABBA : (CD: More Gold)



Note: (walls 2,3,7,8 have 28 counts) walls 3&7 start 3 o'clock the others 12 or 6 o'clock

Intro: Start at vocals

Section 1

HEEL x 2, STEP TURN ½ LEFT, CHARLESTON, COASTER STEP

- 1&2& Put right heel forward, put right next to left, put left heel forward, put left next to right.
3-4 Step right forward, turn ½ left stepping left forward.
5-6 Sweep right out and around to touch in front of left. Sweep right out and around step down right behind left.
7&8 Step left back, step right beside left, step left forward.

RESTART WALL 5 (12 o'clock)

Section 2

DIAG.(LONG) LOCK STEP RIGHT & LEFT, ROCK REC x2, ¾ TURN RIGHT.

- 1&2 Long step diag fw with right foot, lock left behind right, step right forward.
3&4 Long step diag. fw with left foot, lock right behind left, step left forward.
5-6 Rock right fw, recover onto left.
7&8 Rock right fw, recover onto left, turn backwards to the right and turn ¾ and step down right beside left.

Section 3

SLIDE & CROSS, LOCK STEP BW, ¼ TURN SHUFFLE, SYNC. ROCK LEFT

- 1-2 Long step left with left, cross right in front of left and step down.
3&4 Step back left, lock right in front of left, step back left.
5&6 Turn ¼ right, stepping right forward, left beside right, step right forward,
7&8 Rock left to left side, recover onto right, step down on left.

Section 4

STEP ¼ RIGHT WITH TOUCH, ROCK & CROSS, TAP x 2, STEP TURN ¼ LEFT

- 1-2 Turn ¼ right stepping right forward, touch left next to right.
3&4 Rock left to left, recover onto right, cross left in front of right.

RESTART WALL 2 & 3 & 7 & 8

- 5-6 Tap right heel down x 2
7-8 Step forward right, turn 1/4 left stepping forward left.
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