

Cimeras

拍數: 32 牆數: 4 級數: Improver
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音樂: Cimeras - Kheops : (CD: Pyramix)



The rhythm is almost like slow waltz, but not with the regular waltz-steps.

Intro: 32 counts (ca 30 seconds) when several flutes starts playing strong

Section 1

CROSS SHUFFLE LEFT x 4, CROSS SHUFFLE RIGHT x 4

- 1&2&3&4 Cross right in front of left, step left to left, cross right in front of left, step left to left, cross right in front of left, step left to left, cross right in front of left.
- 5&6&7&8 Cross left in front of right, step right to right, cross left in front of right, step right to right, cross left in front of right, step right to right, cross left in front of right.

Section 2

½ STEP TURN LEFT, ½ TRIPLE TURN LEFT. ¼ TURN LEFT ROCK REC. COASTER STEP, STEP DOWN ON RIGHT

- 1-2 Step forward on right, turn ½ left stepping left forward. (6)
- 3&4 Turn ½ left stepping right-left-right (12)
- 5-6 Turn ¼ left rocking forward on left, recover onto right. (9)
- 7&8& Step back on left, step right next to left, step forward on left. Step down on right.

Section 3

CROSS SHUFFLE RIGHT x 4, CROSS SHUFFLE LEFT x 4, STEP DOWN ON LEFT

- 1&2&3&4 Cross left in front of right, step right to right, cross left in front of right, step right to right, cross left in front of right, step right to right, cross left in front of right.
- 5&6&7&8& Cross right in front of left, step left to left, cross right in front of left, step left to left, cross right in front of left, step left to left, cross right in front of left. Step down on left behind right.

Section 4

ROCK FW, ½ SHUFFLE TURN RIGHT, ½ STEP TURN, COASTER STEP

- 1-2 Rock right forward, recover onto left.
- 3&4 Turn ½ right stepping right forward, step left beside right, step right forward. (3)
- 5-6 Step forward on left, turn ½ right stepping forward on right. (9)
- 7&8 Step left backwards, step right next to left, step left forward.