My off The Record Love



拍數: 48 牆數: 2 級數: Intermediate NC2S

編舞者: Jef Camps (BEL) - October 2010

音樂: Off the Record - Aaron Watson : (CD: Shut Up and Dance)



"The Candlelight Country Dancers"

Start on voices! Have fun.

S1: R DIAGONAL STEP FWD, L CROSS ROCK, RECOVER, L BIG SIDE STEP, R CROSS ROCK, RECOVER, ¼ TURN R, R STEP FWD, L PIVOT ½ TURN R, FULL TURN L

1-2&	Step RF diagonally fwd – LF cross over RF & recover on RF
3-4&	Big step with LF to the side – RF cross over LF & recover on LF
5-6&	1/4 turn R, step fwd on RF – LF step fwd & L+R make a 1/2 turn R

7-8& LF step fwd – ½ turn L, step bwd on RF & make a ½ turn L, step fwd on LF

S2: 1/4 TURN LEFT, R AND L NIGHTCLUB BASIC, R PIVOT 1/2 TURN L, R STEP FWD, FULL TURN R WITH RL HOOKED

1-2& 1/4 turn left, big step with RF to the side – LF cross behind & recover on RF

3-4& Big step with LF to the side – RF cross behind & recover on LF

5-6-7 RF step fwd – R+L make a ½ turn L – RF step fwd **

8& make a ½ turn R while stepping LF bwd & hook RL before L while making ½ turn R to

become your full turn

S3: R ROCK FWD, RECOVER, TOGETHER, L ROCK FWD, RECOVER, TOGETHER, CROSS R OVER L, UNWIND ¾ TURN L, L STEP LOCK STEP BWD, R STEP BWD

1-2& Rock fwd on your RF – recover on LF & replace RF next to LF
3-4& Rock fwd on you LF – recover on RF & replace LF next to RF (a little bwds)
5-6 Cross your RF over LF and make a ¾ unwind turn L (weight on the RF)

7&8& LF step bwd & RF lock before LF & LF step bwd & RF step bwd

S4: L TOUCH HOOKED NEXTTO R, L STEP FWD, ½ TURN L, ¼ TRUN L NIGHTCLUB BASIC, R BIG STEP TO SIDE, L SLIDE AND CROSS R OVER L, SWAYS

1-2& Touch LF crossed before RF – LF step fwd & step RF bwd while making a ½ turn L

3-4& 1/4 turn L, LF big step to side – RF cross behind LF & recover on LF

5-6& RF big step to side – slide LF together & cross RF over LF

7-8& Step LF to side, push hips to left – push hips to right & replace weight on LF

S5: R CROSS OVER L, ½ TURN R HINGE, SCISSOR STEP, ½ TURN R HINGE, RF TOUCH TO SIDE, RF TOUCH BEHIND L

1-2&3 Cross RF over LF – ¼ turn R, LF step bwd & ¼ turn R, RF step to side & LF cross over RF

4&5 Step RF to side & step LF together & cross RF over LF

6&7 1/4 turn R, LF step bwd & 1/4 turn R, RF step to side & LF cross over RF

8& Touch RF to side & touch RF behind LF

S6: R NIGHTCLUB BASIC, L BIG STEP TO SIDE, R TOUCH NEXTO LEFT, R COASTER STEP, L CROSS OVER R AND MAKE A FULL TURN UNWIND, R DIAGONAL STEP, L LOCK BEHIND

1-2& RF big step to side – cross LF behind RF & recover on RF

3-4 LF big step to side – touch RF next to LF *
5&6 RF step bwd & LF step together & RF step fwd

7-8& Cross LF over RF, make a unwind full turn R – RF step fwd & lock LF behind RF

Restarts:

- * In the 2nd and 4th wall after 44 counts.
 ** In the 5th wall, you dance till count 15 and you add next steps, after these steps you restart dancing with count 1.

step fwd on left, right foot touch nextto left 16&