

Eight Letters

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Alan Haywood (UK) - November 2010
音樂: Eight Letters - Take That : (Album: Progress - 4:40)



Intro – 32 counts – start on vocals.

Section 1

Skate R, L, R forward shuffle, rock forward L, recover R, L back & ¼ R cross L over

- 1-2 Skate forward right, skate forward left
3&4 Step forward onto right, close left next right, step forward onto right
5-6 Rock forward onto left, recover weight back onto right
7&8 Step back onto left, make a ¼ turn right stepping right side, cross step left over right (3 o'clock)

Section 2

Sway right, sway left, R behind ¼ L ¼ L, rock back L, recover R, L kick ball cross

- 1-2 Sway right to right side, sway left to left side
3&4 Cross step right behind left, step left ¼ left, making a ¼ turn left step right to right side (9 o'clock)
5-6 Rock back onto left, recover weight forward onto right
7&8 Kick left forward, step left next to right, cross step right over left

Section 3

***& cross R over L, L side, R sailor ½ R cross, ¼ R, R back, L coaster**

- &1-2 Step left to left side, cross step right over left, step left to left side
3&4 Step right behind left, making a ½ turn right step left to left side, cross step right over left (3 o'clock)
5-6 Make a ¼ turn right stepping back onto left, step right back (6 o'clock)
7&8 Step back onto left, step right next to left, step left slightly forward

RESTARTS here during walls 4, 8 and 9

Section 4

R forward lockstep, rock forward L, recover R, ¼ L shuffle, sway R, sway L

- 1&2 Step forward onto right, lock left behind right, step forward onto right
3-4 Rock forward onto left, recover weight back onto right
5&6 Making a ¼ turn left step left to left side, close right next to left, step left to left side (3 o'clock)
7-8 Sway right to right side, sway left to left side

RESTARTS

Don't panic! Really easy to hear – same place each time, after count 24 (L coaster).
When they sing the chorus and when 'I went away' – this is the start of the restart walls.

During wall 4 – wall starts facing 9 o'clock, restart facing 3 o'clock

During wall 8 – wall starts facing 12 o'clock, restart facing 6 o'clock

During wall 9 – wall starts facing 6 o'clock, restart facing 12 o'clock

After you've done these 3 restarts, they will sing the chorus again – just dance through it to the end, you will finish facing 12 o'clock.

Not as hard as it looks, you will hear them easily in the music – promise!

ENDING

Dance finishes facing 12 o'clock with the sway R L at end of dance – add an extra sway R posing raising arms slightly to fade with the music!

E-Mail: alan.haywood@yahoo.com - Website: www.alanhaywood.co.uk
