Alouette (Uette, Uette)

級數: Improver

編舞者: Sebastiaan Holtland (NL) - January 2011

牆數:4

音樂: Promise This - Cheryl : (CD: Messy Little Raindrops)

拍數: 48

Intro: 16 count (6 Sec)

[1-8] Back, Cross, Back, Side, Rock / Recover, Side, Hold

- 1-2 Stepping back on Rf, cross Lf over Rf (12:00)
- 3-4 Stepping slightly back on Rf, step Lf to the left side
- 5-6 Rock forward on Rf, recover on Lf
- 7-8 Step Rf to the right, HOLD weight onto Rf (12:00)

[9-16] Syncopated Weave R, Rock / Recover, Side, Touch

- 1-2 Cross Lf over Rf, step Rf to the right side (12)
- 3-4 step Lf behind Rf, and step Rf to the right side weight onto Rf
- 5-6 Rock forward on Lf, recover on Rf
- 7-8 Step Lf to the left, touch Rf beside Lf holding weight onto Lf (12:00)

[17-24] Side Tog, Side Tog, 1/4 Turn R Step Fwd, 1/2 Turn R, Back, Back, Hold

- 1-2 Step Rf to the right, touch Lf beside Rf (12)
- 3-4 Step Lf to the left, touch Rf beside Lf
- 5-6 Make a 1/4 turn to right (3) and step forward on Rf, continue 1/2 turn to right (9) and step back on Lf weight onto Lf
- 7-8 Stepping back on Rf, HOLD (9:00)

[25-32] Fwd, Together, Out, Out, R Rocking Chair

- 1-2 Step forward on Lf, step Rf beside Lf (9)
- 3-4 Step Rf forward out to right, step Lf forward out to left take weight onto Lf
- 5-6 Rock forward on Rf, recover on Lf
- Rock back on Rf, recover on Lf weight onto Lf (9:00) ** Restart ** 7-8

Restart Here WALL 3 after 32 count (Facing 3 o'clock)

[33-40] Rock / Recover, 1/4 Turn R, Side, Cross, Side, Behind, Side Rock / Recover, 1/4 Turn R, Back, Fwd, 1/2 Turn L, Back, Back

- 1&2 Rock forward on Rf, recover on Lf, making a 1/4 turn to right (12) step Rf to the right
- 3&4 Cross Lf over Rf, step Rf to the right side, step Lf behind Rf
- 5&6 Rock Rf to the right, recover on Lf, make a 1/4 turn right (3) step back on Rf weight onto Rf
- 7&8 Step slightly forward on Lf, Making a 1/2 turn to left (9) stepping back on Rf, stepping back on Lf

[41-48] Side rock / recover, Fwd, 1/4 Turn R, Back, Continue a 1/4 turn R, Side, Fwd, Kick & Heel, Kick & Point

- 1&2 Rock Rf to the right, recover on Lf, step forward on Rf (9:00) 3&4 Making a 1/4 turn to right (12) step slightly back on Lf, continue a 1/4 to right (3) step Rf slightly to the right, step slightly forward on Lf weight onto Lf 5&6
- Kick forward on Rf, step Rf back in place, touch L heel forward holding weight onto Rf 7&8
- Kick forward on Lf, step Lf back in place, point Rf out to the right weight onto Lf (3:00)

Start Again And Have Fun!

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