

JB's Whirl

拍數: 64

牆數: 0

級數: Absolute Beginner - Intermediate
Circle Mixer



編舞者: Justine Brown (UK) - November 2011

音樂: Scottish Reform (Jig) - The Aul Reekie Scottish Dance Band : (4:18)

Tricky Bit: Its a four count intro, so be ready! there is a accordion fanfair that lasts four beats, then we start dancing with the main beat.

Starting Positions:

all dancers start in a huge circle around the room in groups of Four, (eg: Cheeseburger)

The pair on the Outside of the circle, (closest to the wall) will face anti-clockwise. (line of dance)

The pair on the Inside of the circle will face Clockwise, (Reverse Line of Dance)

Before you start the teach, explain that the people in front at this point is 'person A'

The people stood behind is 'Person B', When you do the 'swing your partner' section, its 'Person A' that goes first each time...

Section 1: Side Touches, ¼ Turn to Face circle, Heel & Toe Touches

During this section all turn to face each other making a small circle,

& 1 & 2 Step Right to Side, Touch Left Beside, Step Left to Side, Touch Right Beside

& 3 & 4 Turn ¼ to Left stepping on Right, Touch Left Beside, Step Left to Side, Touch Right Beside

& 5 & 6 Step Right to Side, Touch Left Heel Forward, Step Left to Side, Touch Right Heel Forward,

& 7 & 8 Step Right to Side, Touch Left Toe Behind, Step Left to Side, Touch Right Toe Behind

Note: for absolute Beginners, change the first section to simple step touches, turning to face the partners.

Section 2: All Hold Hands in a Circle, - Walk Forward, Walk Back

1 - 4 Walk Forward into circle, Right, Left Right, Hitch

5 - 8 Walk Back left, Right, Left, Touch Right beside

Section 3: Swing Your Partner – Person A Full Circle, Person B stands and Claps

1 - 8 First Couple, Link Right Arms and walk round a complete circle back to starting point

Section 4: Swing Your Partner – Person B Full Circle, Person A Stands and Clap

1 - 8 Second Couple, Link Right Arms and walk round a complete circle back to starting point

Section 5: The Whirl – All Put Left Arms into centre of Circle and walk

1 - 8 All hold Left hands in the middle of the circle, and Walk Round Anti Clockwise

Section 6: The Whirl – All Put Right Arms into centre of Circle and walk

1 - 8 All hold Right hands in the middle of the circle, and Walk Round Clockwise

Section 7: Step Touch ¾ to return to first position (the long way round)

& 1 & 2 Step Right to Side, Touch Left Beside, Step left to Side Turning Left, Touch Right Beside

& 3 & 4 Step Right to Side Turning Left, Touch Left Beside, Step left to Side Turning Left, Touch Right Beside

& 5 & 6 Step Right to Side Turning Left, Touch Left Beside, Step left to Side Turning Left, Touch Right Beside

& 7 & 8 Step Right to Side Turning Left, Touch Left Beside, Step left to Side Turning Left, Touch Right Beside

Section 8: 4 Shuffles Forward, to Change Partners

1 - 4 Right Shuffle Forward, Left Shuffle Forward

5 - 8 Right Shuffle Forward, Left Shuffle Forward

As you complete the four shuffle, the next pair should be moving towards you, and you start the dance again with two new dancers, to your side. Don't forget to make lots of noise, smile and enjoy it, don't worry about being foot perfect, so long as everyone is enjoying themselves that's the whole point.. JB
