What Are Words

拍數: 32

級數: Intermediate NC

編舞者: Niels Poulsen (DK) - December 2011

音樂: What Are Words - Chris Medina

[1 – 8] Sweep R, lock ½ R into R lunge, back L R, ½ L sweep, cross ½ into R basic, ¼ R	
1	Step L a small step backwards sweeping R out to R side (1) 12:00
2&3	Lock R behind L (2), step onto L starting ½ R (&), complete ½ R stepping R fw into a big lunge step (3) 6:00
4&5	Recover back on L (4), step back on R (&), turn $\frac{1}{2}$ L stepping fw on L and sweeping R fw (5) 12:00
6&	Cross R in front of L (6), turn ¼ R stepping back on L (&) 3:00
7&8&	Turn ¼ R stepping R a big step to R side (7), close L behind R (&), cross R over L (8), turn ¼ R stepping back on L (&) 9:00
[9 – 16] R back rock, ½ L into L back rock, full turn R, L cross, R basic, ¼ R X 2 1 Rock back on R (1) 9:00	
2&3	Recover on L (2), turn $\frac{1}{2}$ L stepping back on R (&), rock back on L (3) 3:00
4&5	Recover fw onto R (4), turn ½ R stepping back on L (&), turn ½ R stepping fw on R and sweeping L fw (5) 3:00
6&7&	Cross L over R (6), step R a big step to R side (&), close L behind R (7), cross R over L (&) 3:00
8&	Turn ¼ R stepping back on L (8), turn ¼ R stepping R to R side (&) 9:00
[17 – 24] L cross rock, side L, R cross rock, ½ R, step turn step, run run sweep 1/8 L, R jazz 1 Cross rock L over R and towards R diagonal (1) 10:30	
2&3	Recover weight back on R (2), turn 1/8 L stepping L to L side (&), turn 1/8 L cross rocking R over L and towards L diagonal (3) 7:30
4&5&	Recover weight back on L (4), turn ½ R stepping fw on R (&) (facing 1:30), step fw on L (5), turn ½ R stepping onto R foot (&) 7:30
6&7 8&	Run fw on L (6), run fw on R (&), turn 1/8 L stepping fw on L and sweeping R fw (7) 6:00 Cross R over L (8), step back on L (&) 6:00
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[25 – 32] R back rock, step turn, fw R, ½ R, R back rock, L full turn, R rock fw 1 Rock back on R (1) 6:00	
2&3	Recover fw on L (2), step fw on R (&), turn 1/2 L stepping onto L (3) 12:00
4&5	Step fw on R (4), turn 1/2 R stepping back on L (&), rock back on R (5) 6:00
6&7	Recover on L (6), turn $\frac{1}{2}$ L stepping back on R (&), turn $\frac{1}{2}$ L stepping fw on L and sweeping R fw (7) 6:00
8	Rock fw on R and slightly over R (8) 6:00
Ending Start your 6th wall (facing 6:00) by doing the first 3 counts of the dance.Then the beats in the music disappear but Chris Medina keeps singing. Hold your steps for 3 counts and thendo the following to end facing 12:00. 12:00Unwind and sweep full turn L, fw R, full spiral turn L, fw L, sweep R fw $7 - 8$ Unwind ½ L stepping onto L (7), turn ½ L sweeping R fw (8) 12:00 $1 - 3$ Step fw on R (1), start doing a full spiral turn L on R foot (2), $4 - 5$ Step fw on L (4), sweep R fw gently Tadahh!!! 12:00	



COPPER KNO

Intro: 16 counts from first beat in music (app. 17 secs into track). Weight fw on R.

牆數:2