

Rock and Roll Waltz

拍數: 39 牆數: 4 級數: Phrased Intermediate - Dual tempo
編舞者: William Sevone (UK) - January 2012
音樂: I Gotta Know - Rosie Flores : (split tempo & rhythm)



Dance Sequence:- A-B-A-B (tag)-A-A-A-B-A-B-finale

Choreographers note:- The two count Tag may require a little practice with the timing.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts 10 seconds from the start of the music (immediately after Rosie sings 'Welllllllll..')

Optional Intro from start of music: Waltz pattern & style.

- 1 – 3 Step forward onto right. Step left next to right. Step backward onto right.
- 4 – 6 Step backward onto left. Step right next to left. Step forward onto left.
- 7 – 9 Turn ½ left & step backward onto right. Turn ½ left & step forward onto left. Raise right foot forward.
- 10 – 12 Step backward onto right. Step backward onto left. Touch right next to left
- 13 – 15 Hold position for 3 counts

SECTION A (The Rock): performed at HALF TEMPO

Right Touch. Together. Coaster. Cross. Back. Coaster

- 1 – 2 Touch right to right side. Step right next to left.
- 3& 4 Step backward onto left, step right next to left, step forward onto left.
- 5 – 6 Cross right over left. Step backward onto left.
- 7& 8 Step backward onto right, step left next to right, step forward onto right.

2x Fwd Heel-Centre. Toes Out. Heels Out. Heels In. Toes In. Heels Together.

- 9 – 10 body lean left – touch left heel diagonally forward right (toe pointing left). Step left back to centre.
- 11– 12 body lean right – touch right heel diagonally forward left (toe pointing right). Step right back to centre.
- 13 – 14 weight on heels - Fan both toes OUT. weight onto toes - Fan both heels OUT.
- 15& 16 Heels IN, Toes IN, Heels IN (touch).

Dance Note: After count 12 feet should be approx 25cm (10 inches) apart

2x Diagonal Kick-Behind-Together-Cross. Right Touch. 1/4 Together (3:00)

- 17 – 18 Kick right diagonally right. Cross right behind left.
- &19 Step left next to right, cross right over left.
- 20 – 21 Kick left diagonally left. Cross left behind right.
- &22 Step right next to left, cross left over right
- 23 – 24 Touch right to right side. Turn ¼ right & touch right next to left.

SECTION B (The Waltz): performed facing 3:00 or 6:00

Side. Cross. Right Touch. Cross. Side. 1/2 Side. Cross Rock. Rec. 1/4 Fwd (6:00)

- 1 – 3 Step right to right side. Cross left over right. Touch right to right side.
- 4 – 6 Cross right over left. Step left to left side. Turn ½ right & step right to right (9).
- 7 – 9 Cross rock left over right. Recover onto right. Turn ¼ left & step forward onto left (6).

1/4 Side. Behind. Side. Cross Rock. Recover, Together (3:00).

- 10 – 12 Turn ¼ left & step right to right side (3). Cross left behind right. Step right to right side.
- 13 – 15 Cross rock left over right. Recover onto right. Step left next to right.

TAG: AFTER THE 2nd SECTION B ONLY (facing 6:00) – keep with the Waltz tempo for TWO counts

- 16 – 17 Click fingers (both hands if possible) TWICE or tap right heel TWICEor both Heel & Fingers

Style note: bend the right knee slightly by raising the right heel.

FINALE: On final Section B (facing 6:00) dance up to and including count 12 then do the following:

- 1& 2-3 (1)Cross rock left over right, (&)recover onto right, (2)step left to left side. (3)Turn $\frac{1}{2}$ left & step right to right side.
- 4& 5-6 (4)Cross left behind right, (&)step right next to left, (5)step left to left side. (6)with right knee slightly bent & arms out to sides - Step right over left - right toe pointing to 12:00.
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