

Painting

拍數: 48 牆數: 1 級數: Advanced
編舞者: Bronya Bishorek (MY) - February 2012
音樂: If I Were a Painting - Kenny Rogers : (Album: Love Is Strange)



CROSS TWINKLE, TWINKLE ½ TURN

1-3 Step LF across RF, step RF to R, step LF in place
4-6 Step RF across LF, ¼ turn R & step LF back, ¼ turn R & step RF to R [6:00]

TWINKLE ¼ L, 3 PT TURN

1-3 Step LF across RF, ¼ L & step RF back, step LF next to RF [3:00]
4-6 Step RF f/wd & prep shoulders for turn, ½ turn R & step LF back, ¼ turn R & step RF to R [12:00]

Harder Option :

4&5&6 Step RF f/wd & prep shoulders to turn, ½ turn R & step LF back, ½ turn R & step RF f/wd, ½ turn R & step LF back, ¼ turn R & step RF to R [12:00]

PROMENADE & SWEEP, BACK ½ TURN

1,2&3 Step f/wd LF, step f/wd RF, lock LF behind RF, step f/wd RF & sweep LF from back to front
4-6 Step LF across RF, step back RF, ½ turn L and step f/wd LF [6:00]

PROMENADE & SWEEP, BACK ½ TURN

1,2&3 Step f/wd RF, step f/wd LF, lock RF behind LF, step f/wd LF & sweep RF from back to front
4-6 Step RF across LF, step back LF, ½ turn R and step f/wd RF [12:00]

CROSS TWINKLE, BOX TURN R

1-3 Step LF across RF, step RF to R, step LF in place
4-6 Step RF across LF, ¼ turn R step LF to back, step RF to R [3:00]

CROSS, SPIRAL, SWEEP, L SIDE ROCK

1,2&3 Step LF across RF, hold, full spiral R, sweep RF from front to back [3:00]
4-6 Step RF behind LF, step LF to L & lean your body to the L, recover weight to RF

F/WD, RISE, BACK DROP, BACK ½ TURN

1,2&3 Step f/wd LF, step f/wd RF, rise on ball of RF while drawing LF towards RF but don't put weight down, step LF back
4-6 Step back on RF, ½ turn L & step f/wd on LF, step f/wd on RF [9:00]

CROSS ½ 'Q' SWEEP, F/WD ¾ SPIN R

1-3 Step LF across RF, recover weight on RF & ½ turn L while sweeping LF (finish with LF in front of body facing 3:00 and twirl your foot like you're drawing a 'Q')
4-6 Step f/wd LF, ¾ spin turn R on the balls of both feet [12:00]

TAG (18 COUNTS) – End of 2nd wall

DIAMOND BASIC, TWINKLE, 3 PT TURN

1-3 Step f/wd LF, turn 1/8 L [11:00] & step RF to R, step LF next to RF
4-6 Step back RF, turn 1/8 L [7:00] & step LF to L, step RF next to LF
7-9 Step f/wd LF, turn 1/8 L [5:00] & step RF to R, step LF next to RF
10-12 Step back RF, turn 1/8 L [2:00] & step LF to L, step RF next to LF

F/WD TWINKLE, WEAVE

13-15 Step f/wd LF, turn 1/8 L [12:00] & step RF to R, step LF to L

16,17&18 Cross RF over LF, step LF to L, cross RF behind LF, draw L toe to RF (but don't put any weight on it)

BACK TO THE DANCE ?

Abbreviations: RF = right foot, LF = left foot, R = right, L = left
