

Behind The Glass

拍數: 32 牆數: 4 級數: High Intermediate - NC2
編舞者: Debbie McLaughlin (UK) - February 2012
音樂: Clown - Emeli Sandé : (Album: My Version of Events)



Count in: Straight away! There is NO lead in. The first beat is the first step.

SIDE, BEHIND & STEP, ½ TURN ½ TURN BACK, SWAY SWAY, STEP TURN STEP

- 1, 2& Step R to R side, Cross L behind R, Step right to R side (angling body to R diagonal- 1 o clock)
3, 4&5 Step L forward to R diagonal, Pivot ½ turn R taking weight forward onto R, Make ½ turn R stepping back on L, Step back on R (You should still be facing the R diagonal)
6 – 7 Rock back on L swaying body to face 11 o clock, Sway forward on R (body back to facing 1 o clock)
8&8 Step L forward (1 o clock), Pivot ½ turn R taking weight onto R, Step L forward (7 o clock)

SIDE BACK ROCK, ROCK & CROSS SIDE, BACK ROCK & BACK ROCK TURN ¼ TURN ½

- 1, 2& Straighten up to 6 o clock stepping R to R side, Rock L behind R, Recover weight forward onto R
3& 4& Rock L out to L side, Recover weight onto R, Cross L over R, Step R to R side
5 – 6& Rock L behind R, Recover weight forward onto R, Step L to L side
7&8& Rock R behind L, Recover weight forward onto L, Make ¼ turn L stepping back on R, Make ½ turn L stepping forward on L (9 o clock)

SIDE BEHIND & SWEEP ½ TURN, FULL TURN STEP ¼ HITCH LUNGE, RECOVER, COASTER STEP

- 1, 2&3 Step R to R side, Cross L behind R, Make ¼ turn R stepping forward on R, Keeping weight on R make ½ turn R sweeping L foot around (6 o clock)
4&5 Step L forward, Make ½ turn L stepping back on R, Make ½ turn L stepping forward on L (6 o clock)
8& 7 Hitch R knee up (or sweep) and make ¼ turn L, Slightly lunge forward on R, Recover back onto L
8&1 Step back on R, Step L beside R, Step forward on R - preparing to turn (3 o clock)

½ TURN ½ TURN STEP, ½ TURN ¼ TURN, CROSS SIDE BEHIND SIDE CROSS UNWIND &

- 2&3 Make ½ turn R stepping back on L, Make ½ turn R stepping forward on R, Step forward L (prep to turn)
4& Make ½ turn L stepping back on R, Make ¼ turn L stepping L to L side
5&6& Cross R over L, Step L to L side, Cross R behind L, Step L to L side
7, 8& Cross R over L and slowly unwind a full turn L transferring weight onto R, Make ¼ turn L stepping L small step forward (ready to step R to R side to start the dance again..) End facing 3 o clock

Note: At the end of the 6th wall, the music slows right down as you do the unwind on count 30. Make this a VERY SLOW unwind. Continue as normal into the 7th (and final) wall.

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