

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Barbara Lowe (UK) - May 2012
音樂: Chariots of Fire (PearlCoder Mashup Mix) - The Flame : (CD: Vancouver Winter Hits 2010 - The Unofficial Olympics Edition - Amazon MP3)



Intro 44sec,

Rock Back Recover, Shuffle Forward, Rock Recover, Coaster Step

1-2 Rock back on Right, Recover forward on to left
3&4 Step forward on Right, Close Left next to Right, Step forward on Right
5-6 Rock forward on Left, Recover back on Right
7&8 Step back on Left, Close Right to Left, Step forward on Left foot

Cross Rock, Right Chasse, Cross Rock, Left Chasse

9-10 Cross rock Right over, Left recover weight on left
11&12 Step Right to Right side, Close Left next to Right, Step Right to Right side
13-14 Cross rock Left over Right, Recover weight on Right
15&16 Step Left to Left side, Close Right next to Left, Step Left to Left side

¼ Turn Jazz Box, Touch Back, Full Turn Left,, Left Shuffle

17-18 Cross Right over Left, Step back on Left turning ¼ Right
19-20 Step back on Right, Touch Left toe back
21-22 Full turn Left stepping Left Right (or walk forward Left Right)
23&24 Step forward Left, Close Right next to Left, step forward Left

Side Together, ¼ Chasse, ¾ Pivot Turn, Left Chasse

25-26 Step Right to Right side, Close Left next to Right
27&28 Step Right to Right side, Close Left next to Right, Step Right to Right side turning 1/4 Right
29-30 Step forward on Left pivot ¾ turn Right, weight on Right foot
31&32 Step Left to Left side, Close Right next to Left, Step Left to Left side

Start again

Note : _Spot the sport

1-2 Archery or whatever Olympic sport you want to make it
19-20 running you are at the start so hand's down

At the end: win gold - arms up and slow run to the finish - but make it your own
