

Metal Tango

拍數: 80 牆數: 4 級數: Phrased Intermediate - Tango style
編舞者: Ben Heggy (USA) - November 2012
音樂: Metal Tango - Doro : (Album: Classic Diamonds)



Start: On lyrics, 24 counts,

Sequence: AABBB CDDEECABb BCDDECECDECBCDDECE END

All wall position references are given as if each part starts facing 12:00 wall.

All phrases start with weight on the left foot (right goes first).

Part A: The "Lyric" Part (32 counts)

Side Corte, Hold, Quarter, Flick, Cross, Quarter, Quarter, Flick

- 1-2 Lunge right to the side, bending right knee, pointing left to the side; Hold.
- 3-4 Turn ¼ right, stepping back on left (3:00); Flick right back across left.
- 5-6 Cross right over left; Turn ¼ turn right and step back on left (6:00).
- 7-8 Turn ¼ turn right and step right forward (9:00); Flick left back behind right.

Close, Behind, Behind, Side, Cross, Side, Behind, Hold, Side, Cross, Hold

- &1-2 Step left beside right; Step right behind left; Sweep left around and step behind right.
- 3-4 Step right to the side; Cross left over right.
- &5-6 Step right to the side; Cross left behind right; Hold.
- &7-8 Step right to the side; Cross left over right; Hold.

Side, Behind, Flick, Touch, Flick, Cross, Quarter, Quarter, Forward

- &1-2 Step right to the side; Cross left behind right; Flick right up and across left;
- 3-4 Touch right in front of left; Flick right up and across left.
- 5-6 Cross right over left; Turn ¼ turn right and step left back (12:00).
- 7-8 Turn ¼ turn right and step right forward (3:00); Step left forward on the left diagonal.

(Stalking Rocks x2) Cross Rock, Recover, Cross, Flick, Cross Rock, Recover, Cross, Flick

Styling: Keep shoulders square to wall and allow lower body to turn to the diagonals as you cross.

Accentuate the forward and back hip movement as you rock and step.

- 1-2 Cross rock right over left; Recover weight to left.
- 3-4 Step down on right (already crossed over left); Flick left out behind you, turning to face right diagonal.
- 5-6 Cross rock left over right; Recover weight to right.
- 7-8 Step down on left (already crossed over right); Flick right out behind you, turning to face left diagonal.

Part B: The "Island In My Soul" Part (8 counts)

Cross, Back, Side, Cross, Back, Side, Cross, Quarter, Side, Cross rock, Recover, Side

Styling: Take very small steps in the syncopated section.

- 1&2& Cross right over left; Step back on the left; Step right to the side; Cross left over right.
- 3&4& Step back on the right; Step left to the side; Cross right over left; Turn ¼ turn right and step back on the left (3:00).
- 5-8 Step right to the side; Cross rock left over right; Recover weight to right, Step left to the side;

Part C: The "Bridge" Part (8 counts)

(Serpiente) Slow sweep, Behind, Side, Cross, Slow sweep, Cross, Side, Behind

- 1-2 Sweep right out and around behind left; Cross right behind left.
- 3-4 Step left to the side; Cross right in front of left.
- 5-6 Sweep left out and around in front of right; Cross left over right..
- 7-8 Step right to the side; Cross left behind right.

Part D: The "Dancing Demons" Part (16 counts)

Out (arm up), Hold, Out (arm up), Hold, Back, Cross(drop arms), Back, Flick

- 1-2 Step (or stomp) right forward and out, raising right arm on upward diagonal; Hold.
3-4 Step (or stomp) left out to the side, raising left arm straight on upward diagonal; Hold.
5-6 Step right back; Cross left over right.
7-8 Step right back; Flick left behind right.

Rolling vine left, Flick, Cross rock, Recover, Quarter, Close

- 1-2 Turn ¼ turn left and step left to the side (9:00); Turn ½ turn left and step right back (3:00).
3-4 Turn ¼ turn left and step left to the side (12:00); Flick right out to the diagonal.
5-6 Cross rock right over left; Recover weight to left.
7-8 Turn ¼ turn right and step right to the side (3:00); Close left next to right.

Part E: The "Slow" Part (16 counts)

Back, Sweep, Back, Sweep, Slow coaster, Forward

- 1-2 Step back on right; Sweep left out and back.
3-4 Step back on left; Sweep right out and back.
5-8 Step back on right; Step left next to right; Step right forward; Step left forward.

Sweep, Sweep, Sweep, Forward, Pencil (x3), Forward

- 1-2 Sweep the right out and around from back to front; Sweep right out and around from front to back
3-4 Sweep the right out and around from back to front; Step back on right.
5-7 Move your left toe in a counter-clockwise direction as if to draw about a one foot diameter circle on the floor at your left side and slightly forward. You will be starting with an outward push to reach the 12:00 position of the circle, and then finishing at the 3:00 position of the circle; Draw a complete circle starting and ending at 3:00 on the circle; Draw another complete circle.
8 Step forward on the left.

Ending: Stomp right, raising arm, Stomp left

Dance sequence:-

It is recommended not to try to memorize this sequence, but to associate the starting steps of each phrase with the music it is danced to.

A A B B C D D E C A B B B C D D E C E C D E C B C D D E C E ENDING

Contact: ben.heggy@gmail.com
