Jonah In The Whale

拍數: 32

級數: Beginner

編舞者: Claire Bell (UK) - March 2013

音樂: Ac-Cent-Tchu-Ate the Positive - Jools Holland & Rumer : (Album: The Golden Age of Song)

Start on vocals 64 count intro (32 seconds)

[1-8] R Side shuffle, L Back rock, L shuffle 1/4 turn L, R side shuffle 1/4 turn L

- 1&2,3,4 Step right to right side, step left next to right, step right to right side, Rock back on left, recover weight on right
- 5&6, Turn 1/4 left stepping forward on left, step right next to left, step left forward,
- 7&8 Turn ¼ left stepping right to right side, step left next to right, step right to right side

* (Tag at end of wall 4)

[9-16] L back rock, L kickball cross, weave L

- 1,2,3&4 Rock back on left, recover weight on right, Kick left forward, step down on left, cross right over left
- 5,6,7,8 Step left to side, cross right behind left, step left to side, cross right over left

[17-24] L side rock, cross shuffle, R side rock, cross shuffle

- 1,2,3&4 Rock left to left side, recover weight on right, cross left over right, step right to right side, cross left over right
- 5,6,7&8 Rock right to right side, recover weight on left, cross right over left, step left to left side, cross right over left

[25-32] L side rock, behind side cross, weave R

- 1,2,3&4 Rock left to side, recover weight on right, step left behind right, step right to right side, cross left over right
- 5,6,7,8 Step right to right side, cross left behind right, step right to right side, cross left over right

* Tag: At the end of the 4th wall (facing front)

[1-8] R side shuffle, L back rock, L side shuffle, R back rock

- 1&2,3,4 Step right to right side, step left next to right, step right to right side, rock back on left, recover weight on right
- 1&2,3,4 Step left to left side, step right next to left, step left to left side, rock back on right, recover weight on left

Choreographer's note:- The music slows towards the end, just dance with it and on count 32 cross left over right and unwind 1/2 turn right.

Dedicated to my amazing mother Margaret, who told me about the music !

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牆數:2