

It's A Passion

拍數: 104 牆數: 2 級數: Phrased Advanced
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音樂: Of the Night - Bastille : (Single Version - iTunes)



(32 Count Intro' – Beginning On Vocals) - Sequence: A, A, B, B, C, C, B, B, C, C, C, Ending.

PART A - (32 Counts) - Danced Only Twice At The Beginning, Before The Main Beat Kicks In.

Section 1 - Rumba Box.

1-4 Step left to left side, close right beside left, step forward on left, Hold.
5-8 Step right to right side, close left beside right, step back on right, Hold. (12 o'clock)

Section 2 – Reverse Rocking Chair, Reverse Pivot ½ Turn Left, Forward Rock.

1-4 Rock back on left, recover weight onto right, rock forward on left, recover weight onto right.
5-6 Touch left toe back (bending knees so that your dipping down), Make a half turn left
(straightening knees with weight ending on left).
7-8 Rock forward on right, recover weight onto left. (6 o'clock)

Section 3 – (Diagonal Step Back, Toe Touch) x2, (Diagonal Step Forward, Toe Touch) x2.

1-2 Step right back towards right diagonal, touch left toe beside right.
3-4 Step left back towards left diagonal, touch right toe beside left.
5-6 Step right forward towards right diagonal, touch left toe beside right.
7-8 Step left forward towards left diagonal, touch right toe beside left. (6 o'clock)

Section 4 – Jazz Box, Right Vine, Drag.

1-4 Cross right over left, step back on left, step right to right side, cross left over right.
5-6 Step right to right side, cross left behind right.
7-8 Step right a large step to right side, drag left towards right (weight remains on right). (6 o'clock)

PART B - (32 Counts) – Danced On The Verse.

Section 1 – Close, Forward Rock, 1 ¼ Turn Right, Hold, Close, Toe Touch, Step Forward, Heel Split.

& Close left beside right (taking weight).
1-2 Rock forward on right, recover weight on left.
3&4 Make a half turn right stepping forward on right, make a half turn right stepping back on left,
make a quarter turn right stepping right to right side.

Option: If this turn makes you dizzy, just replace it with a ¼ Turning Chasse Right.

5 Hold.
&6 Close left beside right, touch right toe to right side.
7&8 Step forward on right, Split heels apart, return heels to centre (weight on right). (3 o'clock)

Section 2 – Dorothy Steps, Forward Rock, Shuffle ½ Turn Left.

1-2 Step left forward towards left diagonal, lock right behind left.
& Step left forward towards left diagonal.
3&4 Step right forward to right diagonal, lock left behind right.
& Step right forward towards right diagonal.
5-6 Rock forward on left, recover weight onto right.
7&8 Make a half turn left stepping on left, right, left. (9 o'clock)

Section 3 – Forward Rock, (Shuffle ½ Turn Right) x3.

1-2 Rock forward on right, recover weight onto left.
3&4 Make a half turn right stepping on right, left, right.
5&6 Make a half turn right stepping on left, right, left.

7&8 Make a half turn right stepping on right, left, right. (3 o'clock)

Section 4 – ¼ Turn Right into Chasse Left, Back Rock, Full Turn Left, Drag.

1&2 Make a quarter turn right stepping left to left side, close right beside left, step left to left side.
3-4 Rock back on right, recover weight forward onto left.
5-6 Make a quarter turn left stepping back on right, make a half turn left stepping forward on left.
7-8 Make a quarter turn left stepping right a large step to right side, drag left towards right.
(weight remains on right). (6 o'clock)

PART C - (40 Counts) – Danced On The Chorus.

Section 1 – Close, Cross, Hitch, Cross, Toe Touch, Cross Behind, Sweep, Sailor Step.

& Close left beside right (taking weight).
1-2 Cross right over left, hitch left knee (knee moving round and in front of right)
3-4 Cross left over right, touch right toe to right side.
5-6 Cross right behind left, sweep left round from front to back.
7&8 Cross left behind right, step right to right side (taking weight), replace weight onto left. (12 o'clock)

Section 2 – Cross, Hitch, Cross, ¼ Turn Left, ¼ Turn Left Into Chasse Left, Cross Rock.

1-2 Cross right over left, hitch left knee. (knee moving round and in front of right)
3-4 Cross left over right, make a quarter turn left stepping back on right.
5&6 Make a quarter turn left stepping left to left side, close right beside left, step left to left side.
7-8 Cross rock right over left, recover weight onto left. (6 o'clock)

Section 3 – Side Rock, Back Rock, Corner Toe Struts With Knee Rolls & Finger Snaps.

1-2 Rock right to right side, recover weight onto left.
3-4 Rock back on right, recover weight onto left.
5-6 Touch right toe to right corner and as you do start to roll right knee outwards, drop right heel finishing knee roll and snap fingers on both hands to right at shoulder height.
7-8 Touch left toe to left corner and as you do start to roll left knee outwards, drop left heel finishing knee roll and snap fingers on both hands to left at shoulder height. (6 o'clock)

Section 4 – Back Rock, Chug ¼ Turn Left x2, Toe Touch, Step Back, Toe Touch, ¼ Turn Right with Hip Bump.

1-2 Rock back on right, recover weight onto left.
3-4 Make a quarter turn left touching right toe to right side, make a quarter turn left touching right toe to right side.
5-6 Touch right toe beside left, step back on right (opening body out and facing right corner)
7-8 Touch left toe forward, swivel heels round a quarter turn right as you bump hips left (3 o'clock)

Section 5 – Hip Bump, ½ Turn Left, Hip Bumps, Back Rock, ¼ Turn Into Lock Step Forward.

1-2 Bump hips right, make a quarter turn left stepping forward on left.
3&4 Make a quarter turn left touching right toe to right side and bumping hip right and up, bump hips left, bump hips right and down (taking weight on right).
5-6 Rock back on left, recover weight onto right.
7&8 Make a quarter turn left stepping left forward, lock right behind left, step forward on left. (6 o'clock)

Ending: The very last few counts of the music give you enough time to repeat Part C – Section 1, but when you get to counts

7&8 (Sailor Step) make it a Sailor Half Turn and then pose to complete the dance facing the front!

Enjoy!

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