

Many Circles

拍數: 32 牆數: 0 級數: Improver Circle
編舞者: Lisa McCammon (USA) - February 2014
音樂: See List below...



Suggested tracks

St. Patrick's Day: Ballymore Boys by Sham Rock; CD The Album; 130 bpm, 32 count intro

4th Of July: You're A Grand Old Flag by The American Patriots; CD 4th Of July, 112 bpm, 32 count intro or

The Washington Post March by The American Military band; CD Patriotic Music of America, 126 bpm; 16 count intro

Oktoberfest: Beer Barrel Polka by Jimmy Shurr; CD The Best Polka Music; 126 BPM; 16 count intro (see tag below)

Halloween: Haunted House by Jumpin' Gene Simmons; CD Goofy Greats, 102 bpm, 4 count intro

Christmas: Two-Step 'Round The Christmas Tree by Suzy Bogguss; CD Have Yourself A Merry Little Christmas; 100 BPM; 16 count intro

Country: Your Cheatin' Heart by Leann Rimes, 120 bpm, 8 count intro

Circle forms single file, everyone facing LOD (counterclockwise), weight on L. One or more additional circles can be formed for very large groups. Everyone will move the same direction; no hand holding or crossing of lines is required.

[1-8] WALK, WALK, TRIPLE FORWARD, HEEL-&HEEL-&TRIPLE FORWARD

1-2, 3&4 Step forward R, step forward L, step forward R, step L next to R, step forward R

5&6& Touch L heel forward, step onto L, touch R heel forward, step onto R

7&8 Step forward L, step R next to L, step forward L

[9-16] REPEAT PREVIOUS 8

[17-24] FORWARD ROCK, RECOVER, CHASSE ¼ R, CROSS-&CROSS, SIDE, KICK

1-2 Rock forward onto R, recover wt to L

The next steps will be done facing outside the circle and moving to the right

3&4 Turn ¼ R stepping R to side, step L next to R, step R to side

5&6, 7-8 Step L across R, step R to side, step L across R, step R to side, kick L to R diag

[25-32] TURN ¼, TURN ½, TRIPLE ½, KICK-BALL-CHANGE, KICK-BALL-CHANGE

1 Turn ¼ L stepping forward L (everyone now facing LOD, moving forward in the circle)

2 Turn ½ L stepping back R

3&4 Turn ¼ L stepping L to side, step R next to L, turn ¼ L stepping forward L

5&6, 7&8 Kick R forward, step R next to L, step L home; repeat

Easier option for last set

1-2, 3&4 Turn ¼ L (now facing DLOD) stepping forward L, walk forward R, triple forward LRL

5-6-7-8 Rock forward R, recover L, rock back R, recover L (rocking chair)

TAG for Two-Step 'Round The Christmas Tree. Occurs after one repetition of 32 counts. The steps will take you in a mini circle outside the main circle, returning to your starting position facing LOD.

1-8 Walk around in a clockwise circle, starting with the right foot.

TAG for Beer Barrel Polka after three repetitions of 32 counts. The steps in the tag move laterally away from the center of the circle, then back toward the center, returning to your starting position facing LOD.

1-8 Vine R (or rolling vine), touch L; vine L (or rolling vine), touch R

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