

Zonia

拍數: 48 牆數: 4 級數: High Improver
編舞者: Monica Varnell (UK) & Luv 2 Danz Team - April 2014
音樂: Silence Makes a Lonesome Sound - James House : (Album: Days Gone By)



Start just before--- vocals (12) No Tags / Restarts

Alt. tracks:-

King of Nothing –James House Album Broken Glass ---vocals (32)

Little Deuce Coup – Beach Boys James House ---vocals (32)

Left cross ,Sweep, Right cross, Sweep, Left Lunge (diagonal) ,step back Touch

- 1-2 Left cross over right, Sweep right from back to front
- 3-4 Right cross over left, Sweep Left from back to front (no weight)
- 5-6 Left (diagonal) lunge forward , recover
- 7-8 Step back Left , Touch. Right toe by Left foot (12)

Right Dorothy, Left Dorothy, Step 1/4 turn Left, Right shuffle

- 1-2 & Right Dorothy , (Right forward, Left lock behind & step forward Right)
- 3-4 & Left Dorothy , (Left forward, Right lock behind & step forward Left)
- 5-6 Step forward on Right ¼ left
- 7 & 8 Right Shuffle (Right forward , Quick Left ,Right forward) (9)

Cross rock , Left Chasse ,rock , recover, 1/4 , 1/4 turn

- 1-2 Cross rock Left over Right , Recover
- 3& 4 Left chasse, (Left side, close, side)
- 5-6 Rock right behind left, Recover,
- 7 -8 1/4 , 1/4 turn Left (step down on Right ¼ step on Left¼)

Weave Left (R over L), Sweep , Behind Weave Right

- 1-2 Cross right over Left , Left to left side,
- 3-4 Right behind Left , Sweep Left front to back
- 5-6 Left behind, Right to side ,
- 7-8 Left in front , Right to side .

Rock back ,Recover, Left shuffle Diagonal, Right Diagonal shuffle ,Left Diagonal Shuffle.

- 1-2 Rock back left behind right ,recover weight on right ,
- 3&4 Diagonal Left shuffle
- 5&6 Right Diagonal shuffle (Sharp Change Direction)
- 7&8 Left diagonal shuffle (Sharp Change Direction)

Right Lunge , Recover , Step Back R , Hitch L, Rock back, Recover, Rock Left side ,Recover

- 1-2 Right Lunge ,(slight diagonal)Recover weight left
- 3-4 Step back right , Hitch Left ,
- 5-6 Rock left back, Recover weight right ,
- 7-8 Rock Left side ,Recover weight right

Start again

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