

Calm And Collected

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Gaye Teather (UK) - May 2014
音樂: Calm After the Storm - The Common Linnets : (iTunes)



8 count intro - Dance rotates in CCW direction

Step. Pivot half turn Right. Shuffle. Spiral full turn Right. Shuffle

1 – 2 Step forward on Right. Pivot half turn Left
3&4 Step forward on Right. Step Left beside Right. Step forward on Right
5 – 6 Step forward on Left. Keeping weight on Left spiral full turn Right hooking Right in front of Left (6 o'clock)

Non-turning option for counts 5-6: Step forward on Left. Hold for one beat

7&8 Step forward on Right. Step Left beside Right. Step forward on Right

Forward rock. Walk back x 2. Back rock. Half turn Right. Quarter turn Right

1 – 2 Rock forward on Left. Recover onto Right
3 – 4 Walk back Left. Right
5 – 6 Rock back on Left. Recover onto Right
7 – 8 Half turn Right stepping back on Left. Quarter turn Right stepping Right to Right side (3 o'clock)

Weave Right. Cross rock. Chasse Left

1 – 4 Cross Left over Right. Step Right to Right side. Cross Left behind Right. Step Right to Right side
5 – 6 Cross rock Left over Right. Recover onto Right
7&8 Step Left to Left side. Step Right beside Left. Step Left to Left side

Cross. Quarter turn Right with sweep. Cross. Sweep. Diagonal Rocking chair

1 – 2 Cross Right over Left. Quarter turn Right on ball of Right sweeping Left from back to front (6 o'clock)
3 – 4 Cross Left over Right. Sweep Right from back to front
5 – 8 Facing Left diagonal rock forward on Right. Recover onto Left. Rock back on Right. Recover onto Left

Jazz box cross. Side. Behind. Chasse Right

1 – 2 Cross Right over Left. Step back on Left (straightening up to 6 o'clock)
3 – 4 Step Right to Right side. Cross Left over Right
5 – 6 Step Right to Right side. Cross Left behind Right
7&8 Step Right to Right side. Step Left beside Right. Step Right to Right side

Cross rock. Chasse Left. Cross. Unwind full turn Left. Coaster step

1 – 2 Cross rock Left over Right. Recover onto Right
3&4 Step Left to Left side. Step Right beside Left. Step Left to Left side
5 – 6 Cross Right over Left. Unwind a full turn Left (weight remains on Right)

Non-turning option for counts 5 – 6: Step forward on Right. Tap Left behind Right

7&8 Step back on Left. Step Right beside Left. Step forward on Left

Dorothy steps x 3. Side Left. Drag

1 – 2& Step Right diagonally forward Right. Lock Left behind Right. Step Right beside Left
3 – 4& Step Left diagonally forward Left. Lock Right behind Left. Step Left beside Right
5 – 6& Step Right diagonally forward Right. Lock Left behind Right. Step Right beside Left
7 – 8 Long step to Left side on Left. Drag Right towards Left (weight remains on Left)

Easy option: Dorothy steps can be replaced with 3 diagonal step touches

Back. Back. Touch. Quarter turn Right. Back rock. Walk. Walk

1 – 2 Walk back Right. Left

3 – 4 Touch Right beside Left. Pivot quarter turn Right on ball of Left (keeping weight on Left) (9 o'clock)

5 – 6 Rock back on Right. Recover onto Left

7 – 8 Walk forward Right. Left

Start again
