

Calm

拍數: 48 牆數: 2 級數: Improver
編舞者: Uschi Thiele - May 2014
音樂: Calm After the Storm - The Common Linnets : (NL - Eurovision 2014)



Point , Point, Sailor Step , Point , Point Sailor Step

1-2 Right toe in front, right toe ride side,
3&4 Cross right behind left ,Step left to left side, Step right to place
5-6 Left toe in front, left toe left side
7&8 Cross left behind right side, Step right to right side, Step left to place

Cross Rock, Chassé, Weave (right side)

1-2 Cross rock forward on right , rock back onto left
3&4 Step right to right side, Close left beside right, Step Right to right side
5-8 Cross left over right , Step right to right side, Cross left behind right, Step right to right side

Cross Rock, Chassé, Weave (left side)

1-2 Cross rock forward on left, rock back onto right,
3&4 Step left to left side, Close, right beside left, Step left to left side
5-8 Cross right over left, Step left to left side, Cross right behind left, Step left to left side

Rock Forward , ½ Triple Turn, Rock Forward ½ Triple Turn

1-2 Rock forward on right , rock back onto left
3&4 Triple step ½ turn right, Stepping right left right
5-6 Rock Forward on left, rock back onto right,
7&8 triple step ½ Turn left stepping left, right, left

Heel Switches, Rock Forward Triple ½ Turn right

1&2& Touch right heel forward, Step right beside left, Touch left heel forward,
3&4 Step left beside right , Step right forward, Step right beside left, Step left back onto place
5-6 Rock forward on right , Rock back onto left,
7&8 triple step ½ turn right Stepping right -left – right on place

Rock Forward, Coaster Step, Step ½ Turn left, Step ½ Turn Left

1-2 Rock Forward on left, Rock back onto right,
3&4 Step back left, Step right beside left, Step forward left
5-8 Step forward right pivot ½ Turn (on both balls, feet changing weight and do not leave floor)
Step forward right , pivot 1/s Turn

Have Fun !

Contact: uschi@bluerodeoliners.de