

Limes

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Gaye Teather (UK) - August 2014
音樂: Limes - Brad Paisley : (CD: Moonshine In The Trunk)



#40 count intro from very first beat – 20 seconds – start on vocal

Kick-ball-cross. Side. Drag. Together. Cross. Side. Behind-side-cross

1&2 Kick Right foot forward. Step Right beside Left. Cross Left over Right
3 – 4 Step Right to Right side (Long step). Drag Left towards Right (arms out to sides for styling)
&5 – 6 Step Left beside Right. Cross Right over Left. Step Left to Left side
7&8 Cross Right behind Left. Step Left to Left side. Cross Right over Left

Side Left. Quarter turn Right. Left shuffle forward. Step. Hold. Together. Walk. Walk

1 – 2 Step Left to Left side. Quarter turn Right placing weight onto Right (Facing 3 o'clock)
3&4 Step forward on Left. Step Right beside Left. Step forward on Left
5 – 6 Step forward on Right. Hold
&7 – 8 Step Left beside Right. Walk forward Right. Left

***During wall 3 (which starts facing 12 o'clock), dance up to and including count 7 above (step forward Right) then pivot quarter turn Left to face 12 o'clock and and start again from the beginning**

Forward rock. Shuffle half turn Right. Point side. Hood. Together. Point side. Point across

1 – 2 Rock forward on Right. Recover onto Left
3&4 Shuffle half turn Right stepping Right. Left. Right (Facing 9 o'clock)
5 – 6 Point Left toe to Left side. Hold
&7 – 8 Step Left beside Right. Point Right toe to Right side. Point Right across Left (towards Left diagonal)

Chasse Right. Back rock. Chasse Left. Back rock

1&2 Step Right to Right side. Step Left beside Right. Step Right to Right side
3 – 4 Rock back on Left. Recover onto Right
5&6 Step Left to Left side. Step Right beside Left. Step Left to Left side
7 – 8 Rock back on Right. Recover onto Left

Side. Behind. Quarter turn Right. Shuffle forward. Step. Pivot half turn Right. Triple half turn Right

1 – 2 Step Right to Right side. Cross Left behind Right
3&4 Quarter turn Right stepping forward on Right. Step Left beside Right. Step forward on Right
5 – 6 Step forward on Left. Pivot half turn Right
7&8 Triple half turn Right stepping Left. Right. Left (travelling slightly back) (Facing 12 o'clock)

Back. Hold. Ball cross. Hold. Back . Kick-ball-cross. Kick-ball-cross

1 – 2 Step back on Right. Hold
&3 – 4 Step ball of Left beside Right. Cross Right over Left. Hold
&5&6 Step slightly back on Left. Kick Right diagonally forward Right. Step Right beside Left. Cross Left over Right
7&8 Kick Right diagonally forward Right. Step Right beside Left. Cross Left over Right

Side rock. Behind. Quarter turn Left. Step. Forward rock. Coaster step

1 – 2 Rock Right to Right side. Recover onto Left
3&4 Cross Right behind Left. Quarter turn Left stepping forward on Left. Step forward on Right (Facing 9 o'clock)
5 – 6 Rock forward on Left. Recover onto Right
7&8 Step back on Left. Step Right beside Left. Step forward on Left

Step. Pivot quarter turn Left. Cross shuffle. Chasse Left. Back rock

1 – 2 Step forward on Right. Pivot quarter turn Left (Facing 6 o'clock)
3&4 Cross Right over Left. Step Left to Left side. Cross Right over Left
5&6 Step Left to Left side. Step Right beside Left. Step Left to Left side
7 – 8 Rock back Right behind Left. Recover onto Left

Start again

Choreographer's note: Easier option for improvers

This dance can be easily adapted for improvers by simply dancing the first 4 sections only, making it a 32 count, 4 wall dance.

The Restart is exactly the same as for the above dance but on wall 5 (which starts facing 12 o'clock)
