

Falling

拍数: 68 墙数: 1 级数: Phrased Advanced NC2S
编舞者: Rachael McEnaney (USA) - September 2016
音乐: Falling - Clare Bowen : (Album: The Music Of Nashville, Original Soundtrack
Season 2, Volume 2)



Music source: <https://www.amazon.co.uk/dp/B00K9NX49M>

Count In: 8 counts from start of track, dance begins on vocals. Approx 124 bpm

Sequence: A-B-C, A-B-C, TAG, B-B-C-C

(Note: the easiest way to describe Tag/Bridges/Restarts in the step sheet was to write as ABC)

Notes: The first 28 counts of the dance are sections of 7 (not the usual 8).

The step description includes some arm styling. However, please note that the arms ARE optional to add styling only, the dance doesn't require them. The movement of the arms should be soft & follow the rotation of the torso.

A: [1 – 7] L fwd, ½ pivot R, L fwd, ½ turn L, ¼ turn L swaying L, sway R, sway L into L nightclub basic

1 2 3 & Step forward L (1), pivot ½ turn right (2), step forward L (3), make ½ turn left stepping back R (&), 12.00

4 5 Make ¼ turn left stepping L to left side swaying upper body left (4), transfer weight R swaying body right (5), 9.00

6 7 & Transfer weight L swaying body left (6), step R slightly behind L (7), cross L over R (&) 9.00

A: [8 – 14] R nightclub basic, ¼ turn L, ½ turn R stepping fwd R sweeping L, fwd L sweep R, fwd R sweep L, L cross rock

1 2 & Step R to right side (1), step L slightly behind R (2), cross R over L (&) 9.00

3 Make ¼ turn left stepping forward L (open body to diagonal 4.30) (3) Take L arm forward and out to left with palm up 6.00

ARMS: & a Softly place back of R hand on top of L hand (&), bring both hands towards chest then continue turning them out so palms face out (a) 6.00

4 5 6 Make ½ turn right stepping forward R as you sweep L (4), step forward L sweeping R (5), step forward R sweeping L (6)

ARMS: With palms still facing out open arms out to sides at eye level (fingers are spread, hits the lyric “see” and “eyes” (4,5,6) 12.00

7 & Cross rock L over R (7), recover weight R (&) 12.00

A: [15-21] ¼ turn L, R fwd rock, 1 ½ turns right, L cross rock with L sweep, L behind, 1/8 turn R stepping R side

1 Make ¼ turn left stepping forward L (1)

ARMS: Begin taking L arm out to left side at shoulder height 9.00

2 & Rock forward R (2), recover weight L (&)

ARMS: Touch R hand to L shoulder and continue taking arms to left 9.00

3 & Make ½ turn right stepping forward R (3), make ½ turn right stepping back L (&)

ARMS: Keeping arms at just below shoulder height – slide R hand down L arm until hands touch (arms will be in front of body), then begin sliding L hand up R arm until it reaches R shoulder 9.00

4 Make ½ turn right stepping forward R as you sweep L (4)

ARMS: Let L hand continue to slide across chest to just open naturally 3.00

5 6 7 & Cross rock L over R (5), recover weight R as you sweep L (6), cross L behind R (7), make 1/8 turn right stepping R to right side (&) 4.30

A: [22-28] L rocking chair, L fwd, ½ pivot R, ½ turn R stepping back L, R back sweeping L, L back sweeping R, R behind, 1/8R step L side

1 & 2 & Rock forward L (1), recover weight R (&), rock back L (2), recover weight R (&) 4.30

- 3 & 4 Step forward L (3), pivot ½ turn right (weight ends R) (&), make ½ turn right stepping back L as you sweep R (4) 4.30
- 5 6 7 & Step back R sweeping L (5), step back L sweeping R (6), cross R behind L (7), make 1/8 turn right stepping L to left side (&) 6.00

A: [29-36] Weave: R cross, L side, R behind, L side. R cross rock, R side, L cross, R nightclub basic, 1 ¼ turns L (pique turn option)

- 1 & 2 & Cross R over L (1), step L to left side (&), cross R behind L (2), step L to left side (&), 6.00
- 3 & 4 & Cross rock R over L (3), recover weight L (&), step R to right side (4), cross L over R (&) 6.00
- 5 6 & Step R to right side (5), step L slightly behind R (6), cross R over L (&) 6.00
- 7 Make ¼ turn left stepping forward L (Option: as you step onto L lift R foot to touch L calf in a figure 4 shape) (7) 3.00
- & 8 Make ½ turn left stepping back R (&), make ½ turn left stepping forward L as you sweep R (8) 3.00

A: [37-44] Syncopated cross rocks, ¼ turn L, ½ chase turn L, full triple turn fwd R, slow step forward L over 2 counts.

- 1 & 2 & 3 Cross rock R over L (1), recover weight L (&), step R to right side (2), cross rock L over R (&), recover weight R (3) 3.00
- & 4 & 5 Make ¼ turn left stepping forward L (&), step forward R (4), pivot ½ turn left (&), step forward R (5) 6.00
- 6 & 7 8 Make ½ turn right stepping back L (6), make ½ turn right stepping forward R (&), take a slow step forward L (7, 8) (or step L (7), hold (8) 6.00

B: [1-8] R forward rock, ½ turn R, L forward rock, ¼ turn L, R cross, L side, R back rock, ¾ turn L, R forward rock (body styling)

- 1 2 & Rock forward R (1), recover weight L (2), make ½ turn right stepping forward R (&) 12.00
- 3 4 & Rock forward L (3), recover weight R (4), make ¼ turn left stepping L to left side (&) 9.00
- 5 & 6 & Cross R over L (5), step L to left side (&), rock back R (6), recover weight L (&) 9.00
- 7 & Make ¼ turn left stepping back R (7), make ½ turn left stepping forward L (&), 12.00
- 8 & Rock forward R (styling: collapse body forward) (8), recover weight L (styling: raise body back to standing) (&) 12.00

B: [9-16] R back rock, ½ turn L back R, L back rock, ¼ turn R side L, back R with L sweep, L behind, R side, L point (arms: port de bras fwd)

- 1 2 & Rock back R (1), recover weight L (2), make ½ turn left stepping back R (&) 6.00
- 3 4 & Rock back L (3), recover weight R (4), make ¼ turn right stepping L to left side (&) 9.00
- 5 6 & Step back R (slightly behind L) as you sweep L (5), cross L behind R (6), step R to right side (&), 9.00
- 7 8 Make 1/8 turn right bending R knee as you point L toe forward (7), hold (8)

ARMS: Both arms softly cross in front of chest, allow torso to twist slightly left as L arm opens to the side & slightly back and R arm slowly straightens down and forward (as if sliding down front of the L leg). Straighten R knee as arms continue into 1/2 windmill circling R arm up and back as L arm moves down & forward ready for part C - 10.30

C: [1 – 8] L rock fwd (optional arabesque), L side, R cross rock with sweep, R behind, L side, R rock fwd (optional arabesque), R side, L cross with sweep, L behind, ¼ turn R

- 1 & 2 Rock forward L (option to raise R leg back into arabesque) (1), recover weight to R (&), make 1/8 turn left stepping L to left side (2), 9.00
- & 3 Cross rock R over L (option to bring L foot behind R ankle in 'coupe') (&), recover weight L as you sweep R (3) 9.00
- 4 & Cross R behind L (4), step L to left side (&) 9.00
- 5 & 6 Make 1/8 turn left as you rock R fwd (option to raise L leg back into arabesque) (5), recover weight to L (&), make 1/8 turn right stepping R to right side (6) 9.00
- & 7 Cross rock L over R (option to bring R foot behind L ankle in 'coupe') (&), recover weight R as you sweep L (7) 9.00
- 8 & Cross L behind R (8), make ¼ turn right stepping forward R (&) 12.00

TAG: L fwd, R fwd into ½ chase turn L, L fwd, ½ pivot R, ½ turn R stepping back L sweep R, back R sweep L, back L sweep R, back rock R.

1 2 & 3 Step forward L (1), step forward R (2), pivot ½ turn left (&), step forward R (3) 6.00

4 & 5 Step forward L (4), pivot ½ turn right (&), make another ½ turn right on ball of R as you step back L sweeping R (5) 6.00

6 7 8 & Step back R sweeping L (6), step back L sweeping R (7), rock back R (8), recover weight L (&) 6.00

PHRASE

As explained in the notes the dance should feel like one long dance – ABC, ABC, then add the TAG, you will then be facing the back to do part B which ends facing 10.30 transfer the weight to L on count 8 and do part B again facing the front. You will then be facing 3.00 and do part C twice (when you do the first part C, don't make ¼ turn R on the last '&' count, just step R to right side and then do part C again facing 3.00).

GOOD LUCK

Contact: www.dancewithrachel.com - dancewithrachel@gmail.com
