Nada Sousou

拍数: 0

级数: Phrased Intermediate

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音乐: Nada Sousou - Rimi Natsukawa : (Album CD & DVD: Rimi Natsukawa Selection)

Start on Vocal

DANCE SEQUENCE: A (TAG1), B (TAG2), A (TAG1), B (TAG3), A, B, B

PART A

SIDE, DIAGONAL BACK ROCK, SIDE, BACK ROCK, FORWARD, FORWARD ROCK BACK, HALF TURN, SWEEP HALF TURN, STEP FORWARD

- 1-2&3 Big step R to right, rock L diagonally behind R, recover on R, step L to left
- 4&5 Rock R back, recover on L, step R forward
- 6&7 Rock L forward, recover on R, step L back
- 8&1 Half Turn right and step R forward, sweep L across R and pivot half turn right on R, Step L forward [12]

ONE AND QUARTER TURN, DIAGONAL BACK ROCK, SIDE, HINGE TURN, SIDE CHASSE, RECOVER, STEP TOGETHER, SIDE

- 2&3 1 + 1/ 4 turn left on R, L, R [9]
- 4&5 Rock L diagonally behind R, recover on R, step L to left
- 6&7 Half hinge turn right on L and chasse right on R, L, R
- 8&1 Recover on L, step R besides L, big step L to left [3]

DIAGONAL BACK ROCK, SIDE, BACK ROCK FORWARD, FORWARD ROCK, BACK, HALF TURN, SWEEP HALF TURN, STEP FORWARD

- 2&3 Rock R diagonally behind L, recover on L, step R to right
- 4&5 Rock L back, recover on R, step L forward
- 6&7 Rock R forward, recover on L, step R back
- 8&1 Half turn left and step L forward, sweep R across L and pivot half turn left on L, step R forward [3]

ONE AND QUARTER TURN, DIAGONAL BACK ROCK, SIDE, HALF HINGE TURN, SIDE CHASSE, RECOVER, STEP TOGETHER, SIDE

- 2&3 1+ 1/ 4 turn right on L, R, L [6]
- 4&5 Rock R diagonally behind L, recover on L, step R to right
- 6&7 Half hinge turn left on R and chasse left on L, R, L
- 8&1 Recover on R, step L besides R, big step R to right [12]

PART B

FORWARD STEP, RUN FORWARD, RECOVER, COASTER STEPS, SWEEP

- 2 Step L forward
- 3&4 Run forward on R, step L besides R, Lunge and step R diagonally forward
- (Styling: Stretch R arm slowly forward)
- 5 Recover on L
- 6&7 Step R back, step L besides R, step R forward
- 8 Sweep L across R [12]

WEAVES AND SWEEPS (360 DEGREE TURNABOUT)

1 1/ 4 turn right on R, step L across R





墙数: 0

- 2&3 Step R to right, step L behind R, sweep R from front to back [3]
- 4&5 1/ 4 turn right on and step R behind L, step L to left, step R across L and sweep L from back to front [6]
- 6&7 Step L across R, step R to right, step L behind R, 1/ 4 turn right and sweep R from front to back [9]
- 8&1 Step R behind L, step L to left, step R across L, 1/ 4 turn right and sweep L from back to front [12]

CROSS WALK, ROCK RECOVER HALF TURN, FULL TURN, WALK

- 2-3 Cross L over R, and R over L
- 4&5 Rock forward on L, recover on R, half turn left and step L forward
- 6&7 Full turn left on R, L, R
- 8-1 Step L forward, big step R to right [6]

BEHIND ROCK SIDE, STEP TOGETHER, SIDE, BEHIND ROCK SIDE, STEP TOGETHER, STEP DIAGONALLY BACK

- 2&3 Rock L behind R, recover on R, step L to left
- 4-5 Step R besides L, big step L to left
- 6&7 Rock R behind L, recover on L, step R to right
- 8-1 Step L besides R. Step R diagonally back [6]

CROSS BACK BACK, CROSS BACK BACK, SAILOR STEPS, SAILOR HALF TURN

- 2&3 Step L across R, step R diagonally back, step L diagonally back
- 4&5 Step R across L, step L diagonally back, step R diagonally back,
- 6&7 Step L behind R, step R besides L, step L to left
- 8&1 Step R behind L, step L besides R, step R to right (with half turn right) [12]

TAG 1: (Hip Sway left, right - counts 2, 1)

TAG 2: (Hip Sway left, right, left, right, left – count 2, 1-4)

TAG 3: (Hip Sway left, right - count 2. 1, then walk full circle to the right over next 7 counts)

Finishing: As music slows down, add 2 extra counts by bring both arms high above head and slowly bringing them to rest by the sides as the music fades off.

ENJOY THE ENCHANTING MUSIC & DANCE