

Factor 15

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Daniel Whittaker (UK) - October 2014
音乐: Think - Chris Anderson : (iTunes - 2:49)



CELEBRATING 15 YEARS OF CHILL FACTOR: The reason I called the dance 'FACTOR 15', is because 15 years ago when I was in a bar on a Spanish island called Majorca I came across the music and created the dance 'CHILL FACTOR' I still can not believe Chill Factor is nearly 15 years old and is danced everywhere around the world, I love it today as much as I did all that time ago, so thank you to all for dancing it with me!!! I hope you like this new dance.

ANOTHER NOTE: I have also created a mini version of this dance called Factor AB, this is ideal so you can floor split.

[1-8] Rock step, ball step back, ½ turn, step ¼ turn, Touch right over, side touch

- 1-2 Rock left foot forward, recover weight on right 12:00
- &3-4 Step left beside right, step right foot back, make ½ turn left stepping forward on left foot 06:00
- 5-6 Step right forward, make ¼ turn left 03:00
- 7-8 Touch right toe in front of left, touch right toe to right side 03:00

[9-16] Cross ball step, touch left over, side touch, cross over ½ turn

- 1&2 Cross right over left, rock left out to left side, recover weight on to right 03:00
- 3-4 Touch left toe in front of right, touch left to to left side 03:00
- 5-6 Cross left over right, make ¼ turn left stepping right back 12:00
- 7-8 Make a further ¼ turn left stepping left to left side, touch right beside left (optional clap on count 8) 09:00

[17-24] Dorothy step, ¼ turn left shuffle, rocking chair

- 1-2& Step right to right diagonal, lock left behind right, step right to right diagonal 10:00
- 3&4 Make ¼ turn left stepping left foot forward, close right beside left, step left foot forward 06:00
- 5-8 Rock right foot forward, recover weight on left, rock right foot back, recover weight on left 06:00

Note: on the back rock count 7, for styling slightly turn your body out to 10:00 then on count 8 return body back to 6:00

[25-32] Step ½ turn, ¼ rock and cross, side rock, behind ¼ turn

- 1-2 Step right foot forward, make ½ turn left 12:00
- 3&4 Make a further ¼ turn left rocking right to right side, recover weight on left, cross right over left 09:00
- 5-6 Rock left to left side, recover weight on to right 09:00
- 7&8 Step left behind right, make ¼ turn right stepping right foot forward, step left foot forward 12:00

[33-40] Step brush, Modified jazz box, knee pop ¼ turn, kick side point

- 1-2 Step right forward, brush left foot forward 12:00
- 3&4 Cross left over right, step right foot back, step left to left side (feet apart) 12:00
- 5-6 Bring right knee inwards towards left knee, push right knee out to right side at same time pivot ¼ turn right (keep weight on to left foot) 03:00
- 7&8 Kick right foot forward, step right beside left, touch left to left side 03:00

[41-48] Cross and heel, Jazz box, Syncopate out, out clap

- 1&2 Cross left over right, step right back towards right diagonal, touch left heel forward towards left diagonal 02:00
- &3-4 Step left beside right, cross right over left, step left foot back 03:00
- 5-6 Make ¼ turn right stepping right foot forward, step left foot forward 06:00

&7-8 Step right out to right side, step left out to left side, CLAP 06:00

[49-56] Right Kick & left point, Left Sailor step, Right Sailor step, Twist right, left, right ¼ turn left hitch

1&2 Kick right forward, step right beside left, touch left to left side 06:00

3&4 Step left behind right, step right to right side, recover weight on left 06:00

5&6 Step right behind left, step left to left side, recover weight on right (feet slightly apart) 06:00

7&8& Keep weight on toes, twist both heels right, left, right making ¼ turn left, hitch left knee slightly and lean back for Style 03:00

[57-64] Bump forward back, Shuffle forward left, step ¾ turn, Kick, side, point

1-2& Step left forward, bumping left hip forward, recover weight back on right bumping right hip back, hitch left slightly 03:00

3&4 Shuffle forward L-R-L 03:00

5-6 Step right forward, make ¾ turn turn left (feet should be crossed when finished step left over right) 06:00

7&8 Kick right to right diagonal (optional: punch both fists forward), step right down slightly to right side, touch left behind right 06:00

(optional: styling point both palms down and across right side of body, palms down facing you)

EASY OPTION for the final 2 counts are: 7-8 simply step right to right side, touch left beside right

END OF DANCE ** NO TAGS NO RESTARTS **

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