

50 Shades

拍数: 48 墙数: 2 级数: Intermediate waltz
编舞者: Paul Snooke (AUS) - February 2018
音乐: Sacrifice (feat. Jessie Reyez) - Black Atlass : (Album: Fifty Shades Freed Soundtrack)



Notes:

- Dance starts 48 counts into the track – just before the lyrics start
- There is a 7 sequence of steps that differ depending on the level you are teaching to the class. Teach one; either or both, it is designed to appeal to all levels. Once you master the basic steps, think about something a little more challenging
- Might be a good idea to split the floor as the intermediate steps travel a little more than the basic steps, however it is encouraged that the basic steps are to be travelling and not done on the spot so there should not need to be a split floor.

[1-6] 1/8 FWD - 1/8 SIDE - 1/8 BACK - BACK - 1/2 FWD – FWD (FALLAWAY)

- 1-2-3 Turning 1/8 to R step LF fwd - turning 1/8 to L step RF to R side - turning 1/8 to L step LF back [10:30]
4-5-6 Step RF back - turning 1/2 to L step LF fwd - step RF fwd [4:30]

[7-12] FWD - 1/8 SWEEPING FOR 2 COUNTS - CROSS - SIDE - 1/2 SIDE

- 1-2-3 Step LF fwd - sweeping the right around to the front as you complete a 1/8 to L for 2 counts [3:00]
4-5-6 Cross RF over LF - step LF to L side - turning 1/2 to R as you step RF to R side [9:00]

Basic steps:

[13-19] 1/8 FWD - FWD - COLLECT - 1/4 FWD - FWD - FWD - COLLECT - 1/4 FWD

- 1-2&3 Turning 1/8 to R step LF fwd - step RF fwd - collect LF together but don't step onto it - turning 1/4 to L step LF fwd [7:30]
4-5&6 Step RF fwd - step LF fwd - bring your RF together with you LF but don't step onto it - turning 1/4 to R step RF fwd [10:30]
1 Turning 1/8 to L step LF fwd [9:00]

Intermediate steps:

[13-19] FWD - 1/2 LOCK TRIPLE BACK - 1/2 FWD - 1/2 LOCK TRIPLE BACK

- 1-2&3 Step LF fwd, turning 1/2 to L step RF back, lock LF over RF, step RF back [3:00]
4-5&6 Turning 1/2 to L step LF fwd, turning 1/2 to L step RF back, lock LF over RF, step RF back [3:00]
1 Turning 1/2 to L step LF fwd [9:00]

[20-24] 1/2 FWD – 1/4 SWEEP FOR 2 COUNTS - WEAVE

- 2-3 Sweep R around to front turning 1/4 to L on the ball of your LF [6:00]
4-5-6 Cross RF over LF - step LF to L side - cross RF behind LF

[25-30] SIDE - DRAG TOGETHER FOR 2 COUNTS - SLOW FULL TURN

- 1-2-3 Step LF to L side - Drag RF together slowly for 2 counts
4-5-6 Turning 1/4 to R step RF fwd - hold - turning 1/2 to R step LF back [3:00]

[31-36] SIDE - LUNGE SLOWLY FOR 2 COUNTS - 1/8 STEPPING IN PLACE - FWD - 1/2 PIVOT

- 1-2-3 Turning 1/4 to R step RF to R side - slowly start to bend the R knee into a lunge for 2 counts [6:00]
4-5-6 Transfer the weight over to LF as you turn 1/8 to L - step RF fwd - pivot 1/2 to L transferring weight to LF [10:30]

[37-42] FWD - HITCH - KICK - BACK - 1/4 SIDE - POINT (OR A POINTED TOE LIFT)

- 1-2-3 Step RF fwd, slowly hitch the L knee, extend the L leg out into a kick
4-5-6 Step LF back - turning 1/4 R step RF to R side - point the L toe to L side (to style slightly bend the R knee and lift L toe off the ground after the point [1:30])

[43-48] FWD - FWD - 1/2 PIVOT - 1/8 TWINKLE

- 1-2-3 Turning 1/4 to L step LF fwd - step RF fwd - pivot 1/2 to L transferring weight to LF [4:30]
4-5-6 Step RF fwd - turning 1/8 to R rock LF to L side - replace weight to RF [6:00]

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