Deliriously



拍数: 32 墙数: 4 级数: Absolute Beginner

编舞者: Bente Lindtner (NOR) - August 2019

音乐: Deliriously Good - Rat City



Section 1: K step

1, 2	Step RF forward diagonally to right, Touch LF next to RF
3 ,4	Step LF back diagonally to left, touch RF next to LF
5, 6	Step RF backwards diagonally to right, touch LF next to RF
7. 8	Step LF forward diagonally to left, touch RF next to LF

Section 2: Vine to right, Vine to left with 1/4 turn left

1, 2	Step RF right, cross LF slightly behind RF
3, 4	Step RF right, touch LF next to RF
5, 6	Step LF left, cross RF slightly behind LF
7, 8	Turn 1/4 over Left shoulder stepping LF forward, Touch RF next to LF

Section 3: Hop twice forward, then twice back

&1, 2	Jump RF forward, following closely with LF, hold
&3, 4	Jump RF forward, following closely with LF, hold
&5, 6	Jump RF back, following closely with LF, hold
&7, 8	Jump RF back, following closely with LF, hold

Section 4: Rocking chair, walk in cirkle over left shoulder

1, 2	Rock RF forward, recover weight on LF
3, 4	Rock RF backward, recover weight on LF

5 - 8 Walk 1 complete circle over left shoulder R-L-R-L

Styling options: Both in section 1 and 3 music often allows for clapping. (2,4,6,8)

Section 2: Vine to right can be changed to rolling vine Section 4: Keep arms up swaying R-L-R-L for counts 5-8