Trenta



拍数: 32

级数: Beginner

编舞者: Gabi Ibáñez (ES) & Paqui Monroy (ES) - November 2021

墙数:4

音乐: Tie Me Down - Max Flinn

RF = Right Foot

LF = Left Foot

Intro in count 32 with the voice

[1-8] STEP, ½ TURN, STEP, ½ TURN, RUMBA (R) fwrd

- 1 2 Step RF forward, ¹/₂ turn to left
- 3 4 Step RF forwartd, ½ turn to left
- 5 6 Step RF to right, Step LF next to RF
- 7 8 Step RF forward, Scuff LF next to RF

[9-16] ROCKIN' CHAIR (L), HOOK COMBINATION (L) ending with FLICK-SLAP

- 1 2 Rock LF forward, recover weight on RF
- 3 4 Rock LF back, recover weight on RF
- 5 6 Touch left heel forward, Left Hook over RF
- 7 8 Touch left heel forward, Left Flick back and slap with left hand in left heel

[17-24] GRAPEVINE (L) ending with TOUCH, STEP with $\frac{1}{4}$ TURN, STEP with $\frac{1}{2}$ TURN, SHUFFLE with $\frac{1}{2}$ TURN

- 1 2 Step LF to left, Cross RF behind LF
- 3 4 Step LF to left, touch right toe next to LF
- 5 6 1/4 turn to right with RF forward, 1/2 turn to right with LF back (9h)
- 7 & 8 1/4 turn to right with RF to right, Step LF next to RF, 1/4 turn to right with RF forward (3h)

[25-32] SLOW VAUDEVILLE (L) , & HEEL, & ROCK STEP, STEP, HOOK

- 1 2 Cross LF over RF, Step RF to right
- 3 & 4 Touch left heel forward, Step LF next to RF, Touch right heel forward
- & 5-6 Step left next to RF, Rock LF forward, Recover weight on RF
- 7 8 Step LF back, Right Hook over LF

REPEAT

TAG: after 6th wall, we add 4 counts (6h)

ROCKIN'CHAIR (R)

- 1-2 Rock RF forward, Recover weight on LF
- 3-4 Rock RF back, Recover weight on LF

ENDING: We dance all 11th wall ending looking 9h and we add 34 turning to left

[1-2] CROSS, ¾ TURN

1-2 Cross RF over LF, ³/₄ turn to left (12 h)

