

Eternal Flame

拍数: 36 墙数: 4 级数: Improver
编舞者: Tina Argyle (UK) - September 2022
音乐: Eternal Flame - The Bangles : (Album: The Best Of The Bangles - Single)



Count In : 8 counts from start of track - start dancing just before lyrics

R Step Fwd. Mambo Fwd Step Back. Mambo Back. ¼ Basic NC Step. Long Side Step. Behind, Side

- 1,2& Step fwd R. Rock L fwd recover weight onto R
3 Step back L
4& Rock back R recover weight onto L
5,6& Make ¼ turn left taking long step R to right side, rock L behind R, recover weight onto R (9 o'clock)
7,8& Take long step L to left side, cross R behind L, step L to left side

Cross Rock Recover & Cross Rock Recover, Modified Sailor ¼ Turn. Step ¼ Turn. Cross Shuffle

- 1,2& Cross rock R over L recover, step R at side of L
3- 4 Cross rock L over R, recover weight onto R sweeping L anti-clockwise
5&6 Make ¼ turn left stepping back L, step R next to L, step Fwd L
7& Step fwd R, make ¼ turn left onto L
8&1 Cross R over L, close L at side of R, cross R over L

Scissor Step. Rumba Box Fwd, Sweep, Step Back With Sweep x 2

- 2&3 Step L to left side, Close R at side of L, Cross L over R
4&5 Step R to right side, Close L at side of R, Step Fwd. R
6&7 Step L to left side, Close R at side of L, Step back L sweeping R clockwise
8 Step back R sweeping L anti-clockwise
1 Step back L sweeping R clockwise

Modified Sailor ¼ Turn. Step Fwd. L. R Mambo Fwd. L Coaster Step

- 2&3 Make ¼ turn right stepping back R, Step L at side of R, Step Fwd R
4 Step Fwd. L
5&6 Rock fwd R, recover weight onto L, Step back R
7&8 Step back L, Step back R, Step Fwd. L

Side Rock ¼ Turn. Step Fwd. Full Spiral Turn Left. Step Fwd. L

- 1 - 2 Rock R to right side (for styling point L toe to left side as you rock) Make ¼ turn left onto L
3& Step R Fwd and slightly across L, Make full turn left on ball of R hooking L over R shin
4 Step Fwd. L

(Alternative move for Spiral Turn, Step fwd. R, Hitch L knee, Step fwd L)

ReStarts

Walls 3 & 5 – Wall 3 you'll re start facing 12 o'clock - Wall 5 you'll re start facing 9 o'clock
Restart the dance by stepping forward R after the single L step Fwd – Count 4 of Section 4
Wall 4 - Wall 4 you'll re start facing 3 o'clock
Restart the dance on the R step Fwd. Of the Rumba Box – Count 5 of Section 3

The re starts are all one after the other on walls 3,4 & 5 – then you can sing your head off!! lol