Rhythm Of My Show



编舞者: Charles Alexander (SWE) - June 2023

音乐: Rhythm Of My Show - Tone Sekelius: (CD: Rhythm Of My Show)



Intro: 24 counts, approx. 15 sec

Sequence: Intro 24, 32, 32, +, Tag, +, 32, 32, +, Tag, 24, 32, +, Tag, Tag Dance start 16 counts after first vocals.

[1 - 8] SAMBA WHISK R-L, 1/4, 1/2, 1/2 SHUFFLE FORWARD

1-2&	Step R to side. Rock L behind R. Recover onto R.
3-4&	Step L to side. Rock R behind L. Recover onto L.
5-6	1/4 turn right step R forward. 1/2 turn right step L back.

7&8 Shuffle ½ turn right stepping R-L-R. [3:00]

[9 - 16] ROCKING CHAIR, 1/2 CHASE TURN, DOROTHY R-L

1&2&	Rock L fwd. Recover onto R. Rock L back. Recover onto R.
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Step L forward. ½ turn right taking weight on R. Step L forward [9:00]
 Step R diagonally forward. Lock L behind R. Step R diagonally forward.

7-8& Step L diagonally forward. Lock R behind L. Step L diagonally forward. [7:30]

[17 - 24] CROSS, 1/4 BACK, RIGHT CHASSÉ, 1/4 TURN SAMBA DIAMOND

1-2 Cross R over L. ¼ turn right step L back. [10:30]

Step R to side. Step L beside right. Step R to side. (Body angled towards 10:30)
 Cross L over R. 1/8 turn left step R to side. Step L back and hitch R knee. [9:00]

7&8 Step R behind L. 1/8 turn left step L to side. Step R forward. [7:30]

[25 - 32] L ROCK FORWARD, BALL, STEP, ½ TURN, ½ w/ SWEEP, BACK w/ HITCH, WALK R-L

1-2& Rock L forward. Recover onto R. Step L beside R.3-4 Step R forward. ½ turn left taking weight on L.

5-6 ½ turn left step R back sweeping L from front to back. Step L back and low hitch R knee.

7-8 Walk forward R-L. [7:30]

Square up towards 6:00 and start from the beginning (or do + once).

+: Will happen before every tag, and only once after the first tag.

&1-4 Step R to side (&). Touch L behind R (1). Unwind a full turn left (2-4) weight ending on L.

Easy option: Samba whisk R-L.

Tag: Happens after Wall 2, Wall 4 and twice after Wall 6 (end of dance).

[1-8] SAMBA WHISK R-L, 1/4 SIDE, CLAP X2, BALL, STEP, 1/2 TURN

1-2& Step R to side. Rock L behind R. Recover onto R.
3-4& Step L to side. Rock R behind L. Recover onto L.
5&6 ¼ turn left step R to side. Clap twice (&6). [9:00]

&7-8 Step L beside. Step R forward. ½ turn left taking weight on L. [3:00]

[9-16] SAMBA WHISK R-L, 1/4 SIDE, CLAP X2, BALL, STEP, 1/2 TURN

9-16 Repeat the previous 8 counts. Ends towards [6:00]

Restart: During Wall 5 (starts facing 12:00, ends facing (7:30) 6:00)

Dance up until count 22 (start of samba diamond), add the following and then restart dance:

23-24 Step R behind L. 1/8 turn left step L forward [7:30]

^{*} Restart here during Wall 5*

World Dance Masters 2023 Non-Country Intermediate Choreography Winner

Last Update: 4 Aug 2023