

Zorba

拍数: 40 墙数: 2 级数: Improver
编舞者: Lesley Michel (UK) & Pam Pike (UK)
音乐: Zorba's Dance - LCD



Original dance shown to Lesley was a 1 wall dance which has been enhanced & adapted to make it a 2 wall dance. Dance starts approx 37 seconds into the track, counting 80 beats from start of music, keeping in time with the music. This will ensure that when the music slows down later in the track you will be at the start of the sequence again. Slow dance to fit the beat of the music, increasing tempo of dance as the music speeds up again

STOMP & GRIND TWICE

- 1-2 Stomp right foot forward, grind the heel by toe fanning right
- 3-4 Grind the heel toe fanning left, replace weight onto right foot
- 5-6 Stomp left foot forward, grind the heel by toe fanning left
- 7-8 Grind the heel by toe fanning right, replace weight onto left foot

ROCK & COASTER STEP TWICE

- 9-10 Rock forward right, recover weight onto left
- 11&12 Step back on right, step left next to right, step forward right
- 13-14 Rock forward left, recover weight onto right
- 15&16 Step back on left, step left next to right, step forward left

WEAVE LEFT, CROSS ROCK

- 17-18 Cross right over left, step left to side
- 19-20 Step right behind left, step left to side
- 21-22 Rock right across left, recover weight onto left
- 23-24 Step right to side, kick left foot back

WEAVE RIGHT, CROSS ROCK

- 25-26 Cross left over right, step right to side
- 27-28 Step left behind right, step right to side
- 29-30 Rock left across right, recover weight onto right
- 31-32 Step left to side, kick right foot back

STEP SCUFF TWICE, ROCK & ½ TURN

- 33-34 Step forward right, scuff left forward
- 35-36 Step forward left, scuff right forward
- 37-38 Rock forward right, recover weight onto left
- 39-40 ½ turn right landing on right, stomp left in place

REPEAT

Dancers can place hands on neighbors shoulders during most of this dance, except for the ½ turn at the end. When kicking back during the weave & cross rock section, dancers can either tap their heel (left hand to left heel or right hand to right heel), and/or shout "OI"