Weak At The Knees

拍數: 32

級數: Beginner / Improver

編舞者: Jan Brookfield (UK) - February 2015

音樂: Waltz Me Once Again Around the Dance Floor - k.d. lang

(Needs one Re-start, see script. Please note, this is NOT a waltz)

Alternative music : Under Your Spell Again by Shelby Lynne, 124 bpm (NO Re-start required) "Summertime (when I'm with you)" - Mavericks (No Restart)

Section 1 : CROSS ROCK, CHASSE RIGHT, WEAVE 3 STEPS, POINT

- 1,2,3&4 Rock R across in front of L, recover onto L, chasse side right on R,L,R.
- 5,6,7,8 Weave to right : step L across R, step R to side, step L behind R, point R to side

Section 2 : CROSS, POINT, CROSS, POINT, JAZZ BOX

- 9,10 Step R across in front of L, point L to left side
- 11,12 Step L across in front of R, point R to right side
- 13.14 Step R across in front of L, step back on L
- 15,16 Step R to right side, step L next to R (weight evenly distributed on both feet)

RE-START HERE ON 3RD WALL FACING 6 O'CLOCK WITH KD LANG SONG

Section 3 : SWIVELS ON THE SPOT x 3, KICK, STEP BACK, TOGETHER, SHUFFLE FORWARD

- 17,18,19 With weight evenly on balls of feet, swivel heels left, right, left (ending weight on L) Kick R forward 20
- 21,22 Step back on R, step on L next to right
- 23&24 Shuffle forward on R,L,R

Section 4 : HALF TURN, SHUFFLE FORWARD, HALF TURN, QUARTER TURN

- Step L forward, pivot half turn over right shoulder, weight now on R 25,26
- 27&28 Shuffle forward on L.R.L
- 29,30 Step R forward, pivot half turn over left shoulder, weight now on L
- Step R forward, pivot quarter turn over left shoulder, weight now on L 31,32





牆數:4