Compass

拍數: 48

級數: Beginner +

編舞者: Gordon Elliott (AUS) - March 2017

音樂: Compass - Lady A : (Album: Compass Cd Single)

This dance is done in FOUR directions. Introduction : 16 Beats Original Position: Feet Together Weight On The Left Foot.

S1: FORWARD-CLAP-FORWARD-CLAP-MAMBO FORWARD, BACK-CLAP-BACK-CLAP-COASTER CROSS

- 1 & 2 & Step R Forward, Clap, Step L Forward, Clap,
- 3 & 4 Mambo Forward : Step R Forward, Rock Back Onto L, Step R Back,
- 5 & 6 & Step L Back, Clap, Step R Back, Clap,
- 7 & 8 Coaster:Step L Back,Step R Together,Step L Across In Front Of Right.

S2: SIDE, ROCK, BEHIND-SIDE-ACROSS, SIDE, ROCK, 1/4 TURN SAILOR

- 1, 2 Step R To The Side, Side Rock Onto L,
- 3, 4 Step R Behind Left, Step L To The Side, Step R Across In Front Of Left,
- 5, 6 Step L To The Side, Side Rock Onto R,
- 7&8 Turn 90 Left Sailor Step : L-R-L. ## (9.00)

S3: PIVOT TURN, QUICK PIVOT-FORWARD, WALK, WALK, RUN-RUN-RUN (Words of the song : Walk instead of RUN)

- 1, 2 Pivot : Step R Forward, Turn 180 Left Take Weight Onto L,
- 3 & Pivot : Step R Forward, Turn 180 Left Take Weight Onto L,
- 4 Step R Forward,
- 5, 6 Step L Forward, Step R Forward,
- 7 & 8 Run L Forward, Run R Forward, Run L Forward. (9.00)

S4: FORWARD, 1/2 TURN KICK, COASTER STEP, PADDLE TURN, PADDLE TURN

- 1, 2 Step R Forward, Turn 180 Left Kick L Forward,
- 3 & 4 Coaster : Step L Back, Step R Together, Step L Forward,
- 5, 6 Paddle : Step R Forward, Turn 90 Left Take Weight Onto L,
- 7, 8 Paddle : Step R Forward, Turn 90 Left Take Weight Onto L. (9.00)

S5: VAUDEVILLE, VAUDEVILLE, ACROSS, 1/4 BACK, 1/4 SIDE, ACROSS

- 1 & Step R Across In Front Of Left, Step L To The Side,
- 2 & Touch R Heel Forward At 45 Right, Step R Back,
- 3 & Step L Across In Front Of Right, Step R To The Side,
- 4 & Touch L Heel Forward At 45 Left, Step L Back,
- 5, 6 Step R Across In Front Of Left, Turn 90 Right Step L Back,
- 7, 8 Turn 90 Right Step R To The Side, Step L Across In Front Of Right.(3.00)

S6: 1/4 MONTEREY TURN, TOUCH, 1/4 TOGETHER, SHUFFLE FORWARD

- 1, 2 Touch R Toe To The Side, Turn 90 Right Step R Together,
- 3, 4 Touch L Toe To The Side, Step L Together,
- 5, 6 Touch R Toe To The Side, Turn 90 Right Step R Together,
- 7 & 8 Shuffle Forward Step : L-R-L. (9.00)

[48] □REPEAT THE DANCE IN NEW DIRECTION

RESTART : On WALL 5 dance to BEAT 16 (##) ADD the following & RESTART to 9.00

1, 2, 3, 4 STEP R FORWARD, ROCK BACK ONTO L, STEP R BACK, ROCK FORWARD ONTO L.



牆數:4