

Legendary

拍數: 48 牆數: 2 級數: Phrased Advanced
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音樂: Legendary - Welshly Arms : (Single - iTunes)



Introduction: 16 counts, start on approx 13 sec.

Sequences: A, B, A, A, B, A, A 28, Restart (6 o'clock), A, A ending.

Pattern A: 32 counts.

A I. [1-8] Big Step L (diagonal) with Arm Movement R, Recover with Arm Movement Back, Full Turn on (diagonal), Together, 1/8 Turn L, Step, Continue a 1/4 Turn L, Hitch, Cross & Heel, Replace, & Cross.

- 1-2 Step L big on diagonal (10.30) (& start moving your R-arm like a wave into the push on count 1), Recover back onto R and pull R elbow backward with upperhand open to front on chest high.
- 3&4 Turning full L (3&), Step L forward.
- &5-6 Step R beside L, Making 1/8 turn L (9) step L forward and continue a 1/4 turn L (6) and hitch R knee up, Step R across L.
- &7&8 Step L to L, Touch R heel diagonal forward, Step R back in place, Step L across R.

A II. [9-16] 1/2 Spin Turn L, Basic Nightclub L, 1/4 Turn L, Back, 1/2 Turn L, Runs Fwd L, R, Step, 1/4 Turn L with Hitch, Step, Toe Tap Behind, Replace, Sweep, Behind, Side.

- & Making 1/4 turn L and step R back and continue a 1/4 turn L (12) holding weight onto R (&).
- 1,2& Step L to L drag R, Step R beside L, Step L across R.
- 3,4& Making 1/4 turn L (9) step R back, Continue a 1/2 turn L (3) stepping L forward, Stepping R forward.
- 5 Step L forward and making 1/4 turn L (12) hitch R knee up.
- 6&7 Step R forward, Tap L toe behind R, Step L back in place and sweep R from front to back.
- 8& Step R behind L, Step L to L.

A III. [17-24] Out with Arm Movements, Drag L Together with Arm Movements, Runs fwd L, R, L, Sweep, Syncopated Weave L, Sweep, Weave R.

- 1&2 Step R out to R (put R hand up with spread fingers), (put L hand up with spread fingers), Make with both hands a fist and flexed your both biceps from both arms over two counts down and drag L together R (weight onto R).
- 3&4 Stepping L forward, Stepping R forward, Stepping L forward and sweep R from back to front.
- 5&6 Step R across L, Step L to L, Step R behind L and sweep L from front to back.
- 7&8 Step L behind R, Step R to R, Step L across R.

A IV. [25-32] & Cross Rock / Recover, Side, 1/2 Spin Turn R, Cross Samba L 1/8 Turn L, Walks R, L, Together.

- &1-2 Step R slightly to R, Step L across R, Recover back onto L.
- &3 Step L to L, Step R across L.
- &4 Making 1/4 turn R and step L back and continue a 1/4 turn R (6) holding weight onto L (&), Step R to R.

(NB: Restart here after 28 counts (see above sequences), after start again facing 6 o'clock).

- 5&6 Step L across R, Making 1/8 turn L (4.30) step R to R, Recover back onto L (cross samba L).
- 7,8& Walk R forward, Walk L forward, Step R beside L.

Pattern B: 16 counts.

B I. [1-8] 2x Basic Nightclub L, R, 1/4 Turn R, Continue a 1/4 Turn R, Side, Cross, Basic Nightclub R.

- 1,2& Step L to L drag R, Step R beside L, Step L across R.
- 3,4& Step R to R drag L, Step L beside R, Step R across L.
- 5,6& Making 1/4 R step L back and continue 1/4 turn R (12) (holding weight onto L) (5), Step R to R, Step L across R.

7,8& Step R to R drag L, Step L beside R, Step R across L.

B II. [9-16] ¼ Turn R, Continue a ¼ Turn R, ¼ Turn R, Step, ½ Pivot Turn R, Step, ¼ Turn L, Continue a 1/2 Turn L, 2x Sways L, R, Step (diagonal) / Recover.

1-2 Making ¼ R step L back and continue ¼ turn R (6) (holding weight onto L) (1), Making ¼ turn R (9) step R forward.

3&4 Step L forward, Pivot 1/2 Turn R over L (3) taking weight onto R, Step L forward.

5-7 Making ¼ turn L and step R back and continue a ½ turn L (6) holding weight onto R (5), Sway L to L, Sway R to R..

8& On diagonal: Step L forward, Recover back onto R (4.30).

REPEAT DANCE AND HAVE FUN!!

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