Lake Baikal

拍數: 68

級數: Phrased Intermediate - Folk Feel

編舞者: Rex Chuan (USA) - July 2018

音樂: Lake Baikal (貝加爾湖畔) - Li Jian (李健)

Start: Start after 32ct of instrumental prelude, with vocal. A, B(28), B, B, Tag, A(32), A, B, B,B, Tag, A, B(8), Ending Part A (36ct) S1: Side Tap, Draw, Cross Kick Hook Kick

- 1234 Lower body, RF tap right(1), slowly draw RF back (234)
- 5678 RF over LF(5), LF kick diagonally(6), LF hook back swing over RF (7), LF kick diagonally(8)

S2: Cross, Weave Turn Cross Kick Hook Kick

- 1234 LF cross behind RF(1), RF right(2), right quarter turn and step LF across behind RF(3), RF right(4) (3:00)
- 5678 LF over RF(5), RF kick diagonally(6), RF hook back swing over LF (7), RF kick diagonally(8)

S3: Cross, Weave Turn, Half Swivel Turn

- RF cross behind LF((1), LF left(2), RF cross over LF(3), left quarter turn and forward LF(4) 1234 (12:00)
- 5678 RF forward(5), sweep LF clockwise complete a half turn swivel(67), hook LF over RF(8) (6:00)

S4: Hook, Triple Turn, Walk Rock Recover, Back, Half Turn

- 1234 LF forward(1), half turn L and RF step back(2), 3/8 turn L and LF step forward(3), RF forward(4) (7:30)
- RF rock forward(5), lower the body and push weight back(6), LF backward(7), 3/8 turn left 5678 and forward LF(8), guarter turn for next step (12:00)

S5: Side Tap, Draw

1234 Lower body, RF tap right(1), slowly draw RF back (234)

Part B (32ct)

S1: Side, Samba, Cross, Side Rock, Recover, Side Rock, Sway

- 12&3 RF right(1), LF cross over RF(2), RF right(&), LF left(3)
- 45 RF cross over LF(4), LF left(5)
- 678 LF cross over RF (6), RF right(7), sway left set out for next move(8)

S2: Hitch Swivel, Chasse, Hitch Swivel, Rock Recover Swivel

12&34 Right quarter turn and hitch RF with two arms hurling to both sides(1), RF right(2), LF together(&), RF right(3), hitch LF and swivel left 7/8 turn facing 4:30 for next move 5678 Land LF forward(5), sway forward on to LF(67) and back on to RF and swivel half turn right(8)(10:30)

S3: Walk X2, Rock Recover Sweep, Back Step Sweep,

- 1234 LF forward (12), RF forward(34)
- LF forward(5), recover on RF(6) sweep LF back, LF land across RF(7) sweep RF back(8), 5678

S4: Back Side Sweep, Sailor Step cross, Side Tap, Draw

- RF land across LF(1) and sweep LF back, keep LF on air on count 2, land LF across RF(3), 123&4 left ¹/₈ turn RF right(&), LF cross over RF(4),
- 5678 Lower body, RF tap right(5), slowly draw RF back (678) (9:00)





牆數: 4

Tag(4ct); LF draw a clockwise circle with toe (5678)

Restart: the first Part B only dance to 28ct and restart part B facing 9:00

Enjoy the dance!

Last Update – 18th Dec. 2018