Sorte Ravn (The Black Raven)

級數: Beginner

編舞者: Karianne Heimvik (NOR) - December 2019

音樂: Sorte Ravn - SPLINT

拍數: 32

Restarts after count 24 on wall 3, 5 & 8 (this is the chorus'), you just leave the last to jazzboxes out.

(1-8) Step, kick, shuffle back, rock step, shuffle 1/4 turn

step RF fwd, kick LF fwd, step LF back, step RF next to LF, step LF back 1,2,3&4 5,6,7&8 rock back on RF, recover weight onto LF, make 1/4 to the left stepping RF to the right, step LF next to RF, step RF to the right

(9-16) Rock step, side chasse, rock step, side chasse

- rock back on LF, recover weight onto RF, step LF to the left, step RF next to LF, step LF to 1,2,3&4 the left
- rock back on RF, recover weight onto LF, step RF to the right, step LF next to RF, step RF to 5,6,7&8 the right

(17-24) Twist (heel, toe, heel), twist (heel, toe, heel), step ¼ turn, step ¼ turn

- twist to the right (heel, toe, heel) 1&2
- 3&4 twist to the left (heel, toe, heel)
- step RF fwd, make 1/4 turn to the left and recover weight onto LF, step RF fwd, make 1/4 turn 5.6.7.8 to the left and recover weight onto LF

(25-32) Jazzbox x2

1,2,3,4	cross RF over LF, step back on LF, step RF to the right, step LF a little fwd
5,6,7,8	cross RF over LF, step back on LF, step RF to the right, step LF a little fwd

End of dance! Enjoy!

Restart on wall 3, 5 & 8 after count 24 (just don't do the last two jazzboxes) You can do it!

Remember to breathe and smile!





牆數:4