# Shelter



拍數: 64

牆數: 2

級數: High Intermediate

編舞者: Maggie Gallagher (UK) & Gary O'Reilly (IRE) - August 2020

音樂: Shelter - FINNEAS : (Amazon & iTunes - 3:07)



#### Intro: 16 counts

### S1: WALK, SIDE ROCK, CROSSING SAMBA, WALK, WALK, FORWARD COASTER/SWEEP

- 1-2-3 Walk forward on left slightly crossing over right, Rock right to right side, Recover on left
- 4&5 Cross right over left, Rock left to left side, Recover on right turning 1/s right [1:30]
- 6-7 Walk forward on left, Walk forward on right
- 8&1 Step forward on left bending knees, Step right next to left bending knees, Step back on left ronde sweeping right from front to back [1:30]

# S2: BACK/SWEEP, BACK/SWEEP, SAILOR STEP, HOLD, BALL, SIDE, TOUCH

- 2 Step back on right ronde sweeping left from front to back
- 3 Step back on left ronde sweeping right from front to back and straightening to [3:00]
- 4&5-6 Step right behind left, Step left to left side, Step right to right side, HOLD
- &7-8 Step on ball of left next to right, Step right to right side, Touch left next to right

### S3: & CROSS/DIP, SIDE, CROSS/DIP, BACK SIDE CROSS/DIP, SIDE, CROSS/DIP, SIDE

- &1-2-3 Step left next to right, Cross right over left bending knees, Step left to left side, Cross right over left bending knees
- 4&5 Step back on left, Step right to right side, Cross left over right bending knees
- 6-7-8 Step right to right side, Cross left over right bending knees, Step right to right side

# S4: ¼, ¼, ¼/DRAG, TOGETHER & SIDE, BEHIND/DIP, SIDE, CROSS

- 1-2 1/2 hinge turn left stepping left to left side, 1/2 hinge turn left stepping right to right side [9:00]
- 3 <sup>1</sup>/<sub>4</sub> hinge turn left taking long step to left side and dragging right to meet left [6:00]
- 4&5 Step right next to left, Step left in place, Step right to right side
- 6-7-8 Cross left behind right dipping slightly, Step right to right side, Cross left slightly over right angling body to [7:30]

# S5: BUMP BUMP PRESS, RECOVER, R COASTER, ROCK, RECOVER, ½ SHUFFLE

- 1&2-3 Step on ball of right to [7:30] bumping hips forward, Bump hips back, Press/rock forward on right, Recover on left
- 4&5 Step back on right, Step left next to right, Step forward on right [6:00]
- 6-7 Rock forward on left, Recover on right
- 8&1 ½ left stepping forward on left, Step right next to left, \*\* Step forward on left [12:00]
  \*\*Restart Wall 5

# S6: WALK, WALK, ANCHOR STEP, ½, STEP LOCK STEP

- 2-3 Walk forward on right, Walk forward on left
- 4&5 Lock right behind left, Step weight onto left, Step slightly back on right
- 6 <sup>1</sup>/<sub>2</sub> left stepping forward on left [6:00]
- 7&8 Step forward on right, Lock left behind right, Step forward on right \*Restart Wall 2

# S7: BUMP BUMP PRESS, RECOVER, TOGETHER, OUT OUT IN IN, OUT OUT IN IN

- 1&2-3 Step on ball of left to [4:30] bumping hips forward, Bump hips back, Press/rock forward on left, Recover on right
- 4&5&6 Step left next to right, Step right to right side, Step left to left side, Step right back to centre, Step left next to right
- &7&8 Step right to right side, Step left to left side, Step right back to centre, Step left next to right Choreographers' note: Rise up on the balls of the feet on the OUT OUT steps, and step down on the IN IN

#### steps

### S8: ROCK, RECOVER, 1/2, 1/2, BACK/SIT, STEP, WALK, RONDE HITCH

- 1-2 Rock forward on right, Recover on left
- 3-4 <sup>1</sup>/<sub>2</sub> right stepping forward on right, <sup>1</sup>/<sub>2</sub> right stepping back on left [6:00]
- 5-6 Sit back on right bending knees, Step forward on left
- 7-8 Walk forward on right slightly crossing over left, Rise up on ball of right ronde hitching left knee across right

#### \*RESTART: After 48 counts of Wall 2 facing [12:00]

TAG: At the end of Wall 4, repeat the last 16 counts of the dance (Sections 7 & 8) facing [12:00]

\*\*RESTART: Dance 40& counts of Wall 5, then restart the dance facing [12:00]

ENDING: Dance 48 counts of Wall 6, then cross left over right and swivel ½ right to finish facing [12:00]

Thank you to Becky Kelly from Tucson, Arizona for suggesting the music

Contact: Gary O'Reilly - oreillygaryone@gmail.com - 00353857819808 https://www.facebook.com/gary.reilly.104 - www.thelifeoreillydance.com Maggie Gallagher - 0044 7950291350 www.facebook.com/maggiegchoreographer - www.maggieg.co.uk