Soul Connection

級數: High Beginner

編舞者: Jan Brookfield (UK) - October 2020

音樂: Soul Connection - Dan Penn

Dance starts after 32 counts.

Section 1 : STEP, HOLD & ROCKING CHAIR, FORWARD SHUFFLE

牆數:4

- 1,2& Step R forward, hold for one count, recover weight back onto L
- 3,4,5,6 Rock R forward, recover onto L, rock R back, recover onto L
- 7&8 Shuffle forward on R,L,R

Section 2 : ROCKING CHAIR, CHASSE 1/2 TURN, ROCK BACK, RECOVER.

- 1,2,3,4 Rock L forward, recover onto R; rock L back, recover onto R
- 5&6 Shuffle half turn on L,R,L over right shoulder
- 7,8 Rock R back, recover onto L (6 o'clock)

Section 3 : SWAY OR CIRCLE HIPS ANTICLOCKWISE FOR 4 COUNTS; STEP, TOUCH, STEP, TOUCH

1,2,3,4 Step R to right side swaying hips right,, recover weight onto L, sway onto R, recover onto L

*Alternatively : Step R to right side, then circle hips twice anticlockwise, ending with weight on L

5,6,7,8 Step R to right side, touch L next to R; step L to left side, touch R next to L

Section 4 : CHASSE RIGHT, ROCK BACK, RECOVER; CHASSE LEFT WITH ½ TURN RIGHT, ROCK BACK, RECOVER

- 1&2,3,4 Step R to right side, close L to R, step R to right side; rock L back, recover onto R
- 5&6,7,8 Making a quarter turn over right shoulder step L to left side, close R to L, step L to left side; rock R back, recover onto L (9 o'clock)

*PLEASE NOTE : 4 COUNT TAG AFTER 4 COMPLETE WALLS

1,2,3,4 Facing 12 o'clock, sway hips R,L,R,L





拍數: 32