Not Simple Things (LDFWW 2021)



拍數: 32 牆數: 2 級數: High Improver

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One Easy tag of 4counts.

Introduction: 8 counts slow, start approx 07 sec.

Part 1. [1-8] Syncopated Weave R with Step Sweep R, Cross, Side, Back Rock R, ½ Turn L, Back Rock L.

1,2& Step Rf to R (1), Step Lf behind Rf (2), Step Rf to R (&).

3 Step Lf fwd and sweep Rf From back to front (3).

4& Step Rf across Lf (4), Step Lf to L (&).

5,6& Rock Rf back (5), Recover back onto Lf (6), Make ¼ turn L (9.00) step Rf back (&).

7,8 Rock Lf back (7), Recover back onto Rf (8).

Part 2. [9-16] Runs Fwd L, R, L ¼ Turn, R Recover with Sweep L, L Behind with Sweep R, Weave L, L Recover, R Side & Cross.

1&2 Make ¼ turn L (6.00) Stepping Lf fwd (1), Stepping Rf fwd (&), Stepping Lf fwd (2).

Recover back onto Rf and sweep Lf from front to back (3).

Step Lf behind Rf and sweep Rf from front to back (4).

Step Rf behind Lf (5). Step Lf to L (&). Step Rf across Lf (6).

5&6 Step Rf behind Lf (5), Step Lf to L (&), Step Rf across Lf (6).

7&8 Recover back onto Lf (7), Step Rf to R (&), Step Lf across Rf (8).

Part 3. [17-24] Basic Nightclub R with ½ Sweep Turn to R, Weave L, L Recover, R Side, L Step Lock Step Fwd.

1,2& Step Rf to R (1), Dtag Lf together Rf (2), Step Rf across Lf (&).

3 Make ½ turn R (12.00) step Lf slightly back and sweep Rf from front to back (3).

4&5 Step Rf behind Lf (4), Step Lf slightly to L (&), Step Rf across Lf (5).

6& Recover back onto Lf (6), Step Rf slightly to R (&).
7&8 Step Lf fwd (7), Lock Rf behind Lf (&), Step Lf fwd (8).

Part 4. [25-32] Basic Nightclub R with ¼ Sweep Turn to R, Weave L, L Recover, R Side with ¼ Turn R, L Big Step Fwd, Knee Rise R with Arm Movement.

1,2& Step Rf to R (1), Dtag Lf together Rf (2), Step Rf across Lf (&).

3 Make 1/4 turn R (3.00) step Lf slightly back and sweep Rf from front to back (3).

4&5 Step Rf behind Lf (4), Step Lf slightly to L (&), Step Rf across Lf (5). 6&7,8 Recover back

onto Lf (6), Make ¼ turn R (6.00) step Rf slightly to R (&), Step Rf big fwd and (put R hand up with spread fingers), (put L hand up with spread fingers) and make with both hands a fist and flexed your both biceps from both arms over two counts down and pull with both hands down

and rise R knee up (7,8).

(NB: 4 count tag here ending wall 5, after 32 counts, after start again 6 o'clock).

TAG: 1-4 R Side, L Sailor Step, R Touch Beside with Arm Movement.

1,2&3,4 Step Rf to R (1), Step Rf behind Lf (2), Step Rf to R (&), Step Lf to L (3), Touch Rf beside Lf

On the above counts 3-4 rise both hands up with hand palms up to ceiling.

REPEAT THE DANCE AND HAVE FUN!!