Arabella



編舞者: Leonie Heinze (DE) - June 2025

音樂: Arabella - Nathan Evans & SAINT PHNX



Begin at: "There's a..."

S1 Lock Shuffle Forward to diagonal R+L, Heel R+L, Toe Touch R, Clap Twice

1&2 – Step R fwd into R diagonal, lock L behind R, step R fwd into R diagonal 3&4 – Step L fwd into L diagonal, lock R behind L, step L fwd into L diagonal

5 – Touch R heel forward
& - Step R together
6 – Touch L heel forward
& - Step L together
7 – Touch R Toe forward

&8 – Clap twice & Weight on R Foot on 8 (12:00)

S2 Rock, Recover, ½ Turn Shuffle to L, Rock, Recover, ½ Turn R, Hop with Hitch R

1-2 – Rock L fwd, recover back on R,

3&4 – Make ½ turn over: Step L fwd, step R together, step L fwd, (6:00)

(Variation: &4 – Make Full turn over Turn 3-Step turn to L)

5-6 – Rock R fwd, recover back on L,
7 – Make ½ turn over R stepping R fwd
8 – Hop on L and Hitch Right knee (12:00)

S3 Kick Front, Side, Sailorstep 1/4 to R, Kick Front, Side, Sailorturn 1/4 to L

1-2 – Kick R fwd, Kick R to R side,

3&4 - Step R back behind L while beginning to turn ½ R, step L to L side, step R slightly to R (3:00)

5-6 – Kick L fwd, kick L to L side,

7&8 – Step L back behind R while beginning to turn ¼ L, Step R to R side, step L slightly to L

(12:00)

S4 Shuffle Forward, Rock, Recover, Kick with L, Kick 1/4 Turn L, Coasterstep

1&2 – Step R fwd, step L together, step R fwd,
3-4 – Rock L fwd, recover weight back onto R
5-6 – Kick twice with L turning ¼ to L (9:00)

7 – Step L behind R
& - Step R to R side
8 – Step L slightly fwd

***3 Tags

**2 Restarts

TAG + Including two Stomps - Jazz Box R, Rocking Chair, Stomp twice

1 – R cross over L

2 – L back 3 – R to R side 4 - L fwd

5-6 – Rock R fwd, recover weight back onto L
7-8 – Rock R bwd, recover weight back onto L

1-2 – Stomp twice with R

→ After Wall 1 Facing 9:00, Add Two Stomps on 1-2, then start with S1 again

TAG - Jazz Box R, Rocking Chair

1 –	R cross over L
2 –	L back
3 –	R to R side
4 -	L fwd
5-6 –	Rock R fwd, recover weight back onto L
7-8 –	Rock R bwd, recover weight back onto L

Tags on Wall 4 (facing 3:00) and Wall 7 (facing 9:00) after 16 Counts

Ending: after 16 Counts at Hop with Hitch