

Sheltered

拍數: 64 牆數: 2 級數: Improver
編舞者: Sigggi Güldenfuß (DE) & Andrea Dorn (DE) - July 2025
音樂: Sheltered - The Castellows



Note: The dance begins after 40 counts, when the singing starts.

S1: Step, lock, locking shuffle forward r./l.

- 1-2 RF step forward, cross LF behind RF
- 3&4 RF step forward, cross LF behind RF & RF step forward
- 5-6 LF step forward, cross RF behind LF
- 7&8 LF step forward, cross RF behind LF & LF step forward

S2: Grapevine r., rolling vine l.

- 1-2 RF step to the right, cross LF behind RF
- 3-4 RF step to the right, touch LF next to RF
- 5-6 ¼ turn to the left LF step forward (9:00), ½ turn to the left RF step back (3:00)
- 7-8 ¼ turn to the left LF step to the left (12:00), touch RF next to LF

S3: Chassé r., back rock, chassé l. with ¼ turn r., back rock

- 1&2 RF step to the right, LF next to RF and RF step to the right
- 3-4 LF step back, slightly raise RF and weight back onto RF
- 5&6 LF step to the left, ¼ turn to the right RF next to LF and LF step back (3:00)
- 7-8 RF step back, slightly raise LF and weight back onto LF

S4: Cross, point, cross, point, jazz box cross with ¼ turn r.

- 1-2 cross RF in front of LF, tap left toe to the left
- 3-4 cross LF in front of RF, tap right toe to the right
- 5-6 cross RF in front of LF, LF step back
- 7-8 ¼ turn to the right RF step to the right, cross LF in front of RF (6:00)

S5: Side rock, crossing shuffle, side, behind, ¼ turn l. step, step

- 1-2 RF step to the right, slightly raise LF and weight back onto LF
- 3&4 cross RF in front of LF, LF next to RF and cross RF in front of LF
- 5-6 LF step to the left, cross RF behind LF
- 7-8 ¼ turn to the left LF step forward, RF step forward (3:00)

S6: Pivot ½ turn l., ¼ turn l. side, behind, ¼ turn r. step forward, rock step, shuffle back

- 1-2 ½ turn to the left on both feet (then weight on LF) (9:00), ¼ turn to the left RF step to the side (6:00)
- 3-4 cross LF behind RF, ¼ turn to the right RF step forward (9:00)
- 5-6 LF step forward, slightly raise RF and weight back onto RF
- 7&8 LF step back, RF next to LF and LF step back

S7: Back rock, shuffle with ½ turning forward, shuffle ½ turning back, step pivot ¼ turn l.

- 1-2 RF step back, slightly raise LF and weight back onto LF
- 3&4 ¼ turn to the left RF step to the right (6:00), LF next to RF and ¼ turn to the left RF step back (3:00)
- 5&6 ¼ turn to the left LF step to the left (12:00), RF next to LF and ¼ turn to the left LF step forward (9:00)
- 7-8 RF step forward, ¼ turn to the left on both feet (then weight on LF) (6:00)

S8: Cross, side, behind, point, cross, side, coaster step

1-2	cross RF in front of LF, LF step to the left
3-4	cross RF behind LF, tap left toe to the left
5-6	cross LF in front of RF, RF step to the right
7&8	LF step back, RF next to LF and LF step forward

DANCE, HAVE FUN & SMILE
