

Dances With Wolves

拍數: 32 牆數: 2 級數: Improver
編舞者: Eileen Gillan (UK)
音樂: The John Dunbar Theme - John Barry



HEEL DIG, HOOK, ¼ TURN SHUFFLE (RIGHT & LEFT)

- 1-2 Dig right heel forward to right diagonal, low hook right in front of left with toes touching floor
3&4 Make ¼ turn right into a right shuffle forward, stepping - right, left, right (3:00)
5-6 Dig left heel forward to left diagonal, low hook left in front of right with toes touching floor
7&8 Make ¼ turn left into a left shuffle forward, stepping - left, right, left (12:00)

FORWARD, ROCK, SWEEP BACK, SWEEP BACK, COASTER STEP, STOMP, CLAP

- 1-2 Rock forward onto right foot, recover onto left,
3-4 Sweep right foot back stepping onto right, sweep left foot back, stepping onto left
Option: full turn right on counts 3-4 traveling backwards
5&6 Step back on right foot, step left next to right, step forward on right
7-8 Stomp left foot in place, taking weight, hold/clap

& ROCKING CHAIR, ¼ TURN, SWAY, SAILOR STEP

- &1-2 Step right foot next to left, rock forward onto left foot, recover onto right
3-4 Step back on left foot, rock forward onto right foot
5-6 Make ¼ turn right stepping left to left side swaying hips to left, sway hips to right (3:00)
7&8 Step left behind right, step right to right side, step left to left side and slightly forward

PADDLE TURN ¼ LEFT X3, BACK, ROCK

- 1-2 Step forward on right foot, pivot ¼ turn to left on ball of left (12:00)
3-4 Step forward on right foot, pivot ¼ turn to left on ball of left foot (9:00)
5-6 Step forward on right foot, pivot ¼ turn to left on ball of left foot (6:00)
7-8 Step back on right foot, rock forward onto left foot

REPEAT

RESTART

When dancing to "The John Dunbar Theme" by John Barry (from the Dances With Wolves soundtrack), on Wall 4 (which begins facing back wall), dance through to count 24 (sailor step) and restart dance at the beginning again facing 9:00 for wall 5. You will now be dancing to the side walls

ENDING

When dancing to "The John Dunbar Theme" by John Barry, the dance ends at count 28 of wall 8 (facing front). To finish with the last four beats of music, add:

- 1-4 Right back, rock forward, step to right side swaying hips right, left