

Water And A Flame

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Dee Musk (UK) - August 2009
音樂: Water and a Flame (feat. Adele) - Daniel Merriweather : (Album: Love & War - 3:39)



16 Count Intro. Approx 13 seconds. Start just before the main vocals.

SIDE BACK ROCK, SIDE TOUCH SIDE, R SAILOR ¼ TURN L, L SAILOR ½ TURN L WITH A CROSS.

1,2& Step L to L side, cross rock R behind L, recover weight to L.
3&4 Step R to R side, drag L in and touch beside R, step L to L side.
5&6 Making a sailor ¼ turn L cross step R behind L, step L to L side, step R to R side.
7&8 Making a sailor ½ turn L cross step L behind R, step R to R side, cross step L over R.
**** Tag & Restart from here during wall 6 begin again facing 12 o'clock—see note below (3 o'clock).**

¼ TURN R, STEP ¾ TURN R, BEHIND SIDE, CROSS ROCK SIDE ROCK, CROSS BACK SIDE CROSS.

1 Make a ¼ turn R stepping forward on R.
2&3 Step forward on L, make a ¾ turn R, step L to L side.
4& Cross step R behind L, step L to L side.
5&6& Cross rock R over L, recover weight to L, rock R out to R side, recover weight to L.
7&8& Cross R over L, step back on L, step R to R side, cross step L over R. (3 o'clock).

SIDE, L SAILOR ¼ TURN L, WALK, STEP ¾ TURN R SIDE CLOSE, SIDE TOUCH SIDE.

1 Step R to R side.
2&3 Making a sailor ¼ turn L cross step L behind R, step R to R side, step slightly forward on L.
4 Walk forward on R.
5&6& Step forward on L, make a ¾ turn R, step L to L side, close R beside L.
7&8 Step L to L side, drag R in and touch beside L, step R to R side. (9 o'clock).

CROSS, ¼ TURN L, SIDE, STEP, RUN, RUN, ROCK RECOVER, RUN RUN, TOUCH ½ TURN L.

1,2&3 Cross step L over R, make a ¼ turn L stepping back on R, step L to L side, step forward on R.
4& Run forward L, run forward R.
5,6 Rock forward on L, recover weight to R.
&7 Run back L, run back R.
&8 Touch left toe back, unwind a ½ turn L (weight forward on L). (12 o'clock).

STEP, STEP ¾ TURN R, SIDE, BEHIND ¼ TURN L, STEP ¾ TURN, SIDE, BACK ROCK.

1,2&3 Step forward on R, step forward on L and make a ¾ turn R, step L to L side.
4& Cross step R behind L, make a ¼ turn L stepping forward on L.
5,6 Step forward on R, make a ¾ turn L (weight on L).
7,8& Step R to R side, cross rock L behind R, recover weight to R. (9 o'clock).

**Tag & Restart

During wall 6 (which starts facing 9 o'clock), dance up to and including count 6. Replace counts 7&8 with:

MODIFIED L SAILOR ½ TURN L WITH CROSS ROCK RECOVER

7&8& Making a sailor ½ turn L cross step L behind R, step R to R side, cross rock L over R, recover weight to R.

Then restart the dance from count 1 facing 12 o'clock.

Relax and enjoy xx

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