

Tribal

拍數: 104 牆數: 2 級數: Easy Intermediate
編舞者: Adrian Churm (UK) - April 2014
音樂: Tribal - Imelda May : (Album: Tribal)



Sec 1: □Rumba box

- 1 – 4 Step left foot to the side, close right next to left, step left foot forward, hold.
5 – 8 Step right foot to the side, close left next to right, step right foot back. hold. (12)

Sec 2: □Coaster step, diagonal lock step forward.

- 1 – 4 Step left foot back, close right next to left, step left foot forward, hold.
5 – 8 Diagonal lock step forward R.L.R to right diagonal, hold. (12)

Sec 3: □Diagonal lock step forward, ¼ turn left.

- 1 – 4 Diagonal lock step forward L.R.L, to left diagonal, hold
5 – 8 Step right foot forward, ¼ turn left (weight ends on left), step right across left, hold (9)

Sec 4: □¼ Hitch turn right, ½ hitch turn right, shuffle forward.

- 1 – 4 ¼ turn right step left foot back, hitch right knee, ½ turn right step right foot forward, hitch left knee.
5 – 8 Shuffle forward L.R.L, hold (6)

*** 4th wall 8 count Tag and Restart here***

Sec 5: □Rock forward, recover, step back, coaster step.

- 1 – 4 Rock forward onto right foot, recover back onto left, step right foot back, hold
5 – 8 Step left foot back, close right to left, left foot forward, hold. (6)

Sec 6: □Forward hold, double Bounce ½ turn, coaster step

- 1 – 4 Step right foot forward, hold, ½ turn left as you bounce heels x2 the weight ends on right.
5 – 8 Step left foot back, close right to left, left foot forward, scuff right foot forward . (12)

Sec 7: □Side toe strut, rock behind, weave left.

- 1 – 4 Step right toes to the side, snap right heel down, rock left behind right recover forward onto right.
5 – 8 Step left foot to the side, step right behind left, step left foot to the side, step right across left. (12)

Sec 8: □Side toe strut, rock behind, weave right.

- 1 – 4 Step left toes to the side, snap left heel down, rock right behind left recover forward onto left.
5 – 8 Step right foot to the side, step left behind right, step right foot to the side, step left across right. (12)

Sec 9: □Monterey ¼ turns x 2

- 1 – 4 Point right to the side, ¼ turn right closing right to left, point left foot to the side, close left to right
5 – 8 Repeat 1 – 4. (6)

Sec 10: □Forward toe struts (optional tribal toe struts)

- 1 – 4 Step forward onto right toe, snap right heel down, step forward onto left toe, snap left heel down.
5 – 8 Repeat 1 – 4. (6)

Optional tribal struts lower and raise head on each strut whilst alternating arms back and forward

Sec 11: □Run back, hitch, coaster step

- 1 – 4 Run back R,L,R , hitch left knee up.
5 – 8 Step left foot back, close right to left, left foot forward, hold. (6)

Sec 12: □ Lock (or shuffle forward), cross back.

- 1 – 4 Lock step or shuffle forward R,L,R hold
5 – 8 Cross left foot over right, hold, step right foot back, hold (6)

Sec 13: □ Side hold rock behind recover x 2

- 1 – 4 Step left foot to the side, hold, rock right behind left, recover forward onto left.
5 – 8 Step right foot to the side, hold, rock left behind right, recover forward onto right. (6)

Restart.

Tag and restart on wall 4 dance up to and including all of section 4 then add the following tag then restart the dance from the beginning.

Tag □ Monterey ¼ turns x 2

- 1 – 4 Point right to the side, ¼ turn right closing right to left, point left foot to the side, close left to right
5 – 8 Point right to the side, ¼ turn right closing right to left, point left foot to the side, tap left next to □ right.....Restart

Optional ending:-

Do the first 4 counts of the dance then stomp right foot to the side right arm out fist clenched as if holding a spear

Don't be put off by the 104 counts its easy

Have fun happy dancing - Adrian

Contact - email: danceade@hotmail.co.uk
