

Tävlingskoreografi till East Heart Competition
Tävlingsdatum 14 april 2018

Dans B

Shady

Darren Bailey, Fred Whitehouse, Amy Glass (Bailey)

Beskrivning: 32 Count, 2 Wall, Street Linedance
Nivå: Novice
Musik: "Shady" - Adam Lambert (100 BPM)

Pattern: 32, Tag 1, 32, Tag 2, 16 Restart, 32, Tag 1, 32, Tag 2 Only ½, 32, 32, 32

HEEL, STEP, LOCK, STEP, STEP, LOCK WITH POP, STEP FORWARD, 3/4 CHASE TURN R, DRAG

1-2& Step forward on Heel of RF, Make a 1/8 turn R step LF to L side, Make a 1/8 turn L and lock RF behind LF
3&4 Step forward on LF, Make a 1/8 turn L and step RF to R side, Close LF next to RF and pop R knee forward (facing 10:30)
5-6 Make a 1/8 turn R and step forward on RF, Step forward on LF,
7-8 Make a 1/2 turn R (weight on RF) Make a 1/4 turn R and take a big step to L with LF [9:00]

SYNCOPATED ROCKS, SAILOR STEP, BEHIND, SIDE, 1/4 TURN R, OUT, OUT, TOES, HEELS

1&2& Rock forward on RF, Recover onto LF, Rock RF to R side, Recover onto LF
3&4 Cross RF behind LF, Step LF to L side, Step RF to R side
5&6& Cross LF behind RF, Make a 1/4 turn R and step forward on RF,
Step forward on LF, Step out on RF
7&8 Step out on LF, Twist both toes in, Twist both heel in [12:00]

(Restart here on wall 3)

ROCKING CHAIR, STEP BACK DRAG, HOLD, BALL, STEP, L MAMBO FORWARD

1&2& Rock forward on RF, Recover onto LF, Rock back on RF, Recover onto LF
3&4 Rock forward on RF, Recover onto LF, Take a big step back on RF
5&6 Hold, Close LF next to RF, Step forward on RF
7&8 Rock forward on LF, Recover onto RF, Close LF next to RF

WALK R, 1/4 TURN R, SAILOR STEP R, SAILOR STEP L WITH 1/4 TURN L, HITCH, TOUCH, 1/2 TURN R

1-2 Step forward on RF, Make a 1/4 turn R and step LF to L side
3&4 Cross RF behind LF, Step LF to L side, Step RF to R side
5&6 Cross LF behind RF, Step RF to R side, Make a 1/4 turn L and step forward on LF
&7-8 Hitch R knee, Touch RF back, Make a 1/2 turn R (keeping weight back on LF) [6:00]

Tag 1 (back walls)

Knee Pops

1-2 Step forward on RF and pop L knee, Step forward on LF and pop R knee

Tag 2 (front walls)

1-2 Step diagonally forward to R with RF, Step out L with LF
3-4 Take a big step back with RF, Close LF next to RF

(2nd Time you dance Tag 2 you only dance the first 4 counts)

5-6 Step diagonally forward to R with RF, Step out L with LF
7-8 Contract chest x2