

BODY AND SOUL

Chorégraphie : *Barry Durand*

Description : 24 comptes, 4 murs, Rise and Fall (waltz)

Musique : " *Sunset In Abilene* " by *Caryl Mac Parker* (94 bpm)

DANSE OFFICIELLE

CHAMPIONNAT DE FRANCE 2010 - NEWCOMER

1 - 6 FORWARD, FORWARD, BACK

- 1 Pied G Avancer
- 2 Pied D Avancer
- 3 Pied G Reculer
- 4 Pied D Reculer
- 5 Pied G Reculer
- 6 Pied D Avancer

7 - 12 FORWARD, BOX, BACK, BACK, CROSS

- 1 Pied G Avancer
- 2 Pied D Vers la Droite
- 3 Pied G Reculer légèrement
- 4 Pied D Reculer
- 5 Pied G Reculer
- 6 Pied D Croiser devant

13 - 18 BACK, PIVOT, FORWARD, 1/2 TURN RIGHT, FORWARD

- 1 Pied G Reculer, 1/2 TD
- 2 Pied D Avancer
- 3 Pied G Avancer
- 4 Pied D Avancer
- 5 Pied D 1/2 TD en traçant un demi cercle, de la pointe G d'arrière en avant
- 6 Pied G Avancer légèrement

19 - 24 LUNGE, RECOVER, POINT, BACK, BACK AND DRAG

- 1 Pied D Avancer
- 2 Pied G Revenir
- 3 Pied G Demi cercle de la pointe D d'avant en arrière
- 4 Pied D Croiser derrière G, 1/4 TG
- 5 Pied G Avancer
- 6 Pied D Avancer

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DANSE OFFICIELLE

CHAMPIONNAT DE FRANCE 2010 - NEWCOMER

1 - 6 FORWARD, FORWARD, BACK

- 1 LF Step forward
- 2 RF Step forward
- 3 LF Step back
- 4 RF Step back
- 5 LF Step back
- 6 RF Step forward

7 - 12 FORWARD, BOX, BACK, BACK, CROSS

- 1 LF Step forward
- 2 RF Step to the side
- 3 LF Step lightly back
- 4 RF Step back
- 5 LF Step back
- 6 RF Cross in front of LF

13 - 18 BACK, PIVOT, FORWARD, 1/2 TURN RIGHT, FORWARD

- 1 LF Step back, 1/2 turn right
- 2 RF Step forward
- 3 LF Step forward
- 4 RF Step forward
- 5 Make 1/2 turn right on RF sweeping LF
- 6 LF Step lightly forward

19 - 24 LUNGE, RECOVER, POINT, BACK, BACK AND DRAG

- 1 RF Lunge forward
- 2-3 LF Recover starting ronde with RF
- 4 RF Cross behind LF, 1/4 turn left
- 5 LF Step forward
- 6 RF Step forward