

# Delone

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**Count:** 80      **Wall:** 4      **Level:** Phrased High Intermediate

**Choreographer:** Monica Wale (Jan. 2016)

**Music:** Delone by Sacri Cuori

**Sequence: A A B=8 counts A A B A B A B=8 counts A A B A B=48 counts A B=37 counts**

**If there is no note, B always is 16 counts**

**The music has to be from the disc (available on iTunes) because the sequences are not in same order on for instance YouTube videos.**

**The dance starts in only two seconds**

## **PART:A**

### **AS1 [1-8 &] ROCK RECOVER & ROCK RECOVER, SAILOR TURN $\frac{3}{4}$ RIGHT , STEP, ROCK RECOVER**

- 1 2 &**      Rock LF to left (1) recover on RF (2) step LF beside right (&)
- 3 4**      Rock RF to right (3) recover on LF (4)
- 5 & 6**      Turn  $\frac{3}{4}$  right and step RF behind left (5) step LF to left side (&) step RF beside left (6)
- 7 8 &**      Step LF forward (7) rock RF forward (8) recover on LF (&)

### **AS2 [1-8] 2 x WALKS BACK, COASTER STEP, STEP, TOE, $\frac{1}{2}$ TURN RIGHT, $\frac{1}{2}$ TURN LEFT**

- 1 2**      Walk back on RF (1) walk back on LF (2)
- 3 & 4**      Step back on RF (3) step LF beside right (&) step forward on RF (4)
- 5 6**      Step LF forward (5) touch RF back (6)
- 7 8**      Turn  $\frac{1}{2}$  right (7) (weight on LF) turn  $\frac{1}{2}$  left (8) (weight still on LF and toe still touched back)

### **AS3 [1-8] STEP TURN $\frac{1}{4}$ , STEP TURN $\frac{1}{4}$ , JAZZBOX WITH CROSS,**

- 1 2**      Step RF forward (1) pivot  $\frac{1}{4}$  turn left (2)
- 3 4**      Step RF forward (3) pivot  $\frac{1}{4}$  turn left (4)
- 5 8**      Cross RF over left (5) step LF back (6) step RF beside left (7) cross LF over right (8)

### **AS4 [1-8] POINT, CROSS, ROCK RECOVER, BEHIND, ROCK RECOVER, BEHIND**

- 1 2**      Point RF to right side (1) cross RF over left (2)

3 4 Rock LF to left (3) recover on RF (4)

5 8 Step LF behind right (5) rock RF to right side (6) Recover on LF (7) step RF behind left (8)

## **PART B**

### **BS1 (1-8) ROCK RECOVER, SHUFFLE, STEP TURN $\frac{1}{2}$ , TRIPLE FULL TURN LEFT**

1 2 Rock LF to left (1) recover on RF (2)

3 & 4 Step LF forward (3) step RF beside left (&) step LF forward (4)

5 6 Step RF forward (5) pivot  $\frac{1}{2}$  turn left (6)

7 & 8 Step back on RF turning  $\frac{1}{2}$  left (7) step LF forward turning  $\frac{1}{2}$  left (&) step RF forward (8)

**(easy option on 7 & 8: right shuffle forward)**

### **BS2 (1-8) ROCK RECOVER, SAILOR TURN $\frac{1}{4}$ , ROCK RECOVER, COASTER STEP**

1 2 Rock LF to left (1) recover on RF (2)

3 & 4 Turn  $\frac{1}{4}$  left and step LF behind right (3) step RF to right side (&) step LF beside right (4)

5 6 Rock RF forward (5) recover on RF (6)

7 & 8 Step back on RF (7) step LF beside right (&) step forward on RF (8)

### **BS3 (1-8) ROCK RECOVER WITH $\frac{1}{4}$ TURN RIGHT, TRIPLE FULL TURN RIGHT, STEP TURN $\frac{1}{2}$ , SHUFFLE TURN $\frac{1}{2}$ RIGHT**

1 2 Rock LF to left (1) turn  $\frac{1}{4}$  right and recover on RF (2)

3 & 4 Step back on LF turning  $\frac{1}{2}$  right (3) step RF forward turning  $\frac{1}{2}$  right (&) step LF forward (4)

5 6 Step RF forward (5) pivot  $\frac{1}{2}$  turn left (6)

7 & 8 Make a  $\frac{1}{4}$  turn left stepping RF back (7) step LF beside right (&) Make a  $\frac{1}{4}$  turn left stepping RF back

**(easy option on 3&4: left shuffle forward)**

### **BS4 (1-8) STEP BACK, SIDE WITH $\frac{1}{4}$ TURN RIGHT, CROSS SHUFFLE, ROCK RECOVER, CROSS SHUFFLE**

1 2 Step LF back (1) make a  $\frac{1}{4}$  turn right stepping RF to right side (2)

3 & 4 Cross LF over right (3) step RF to right side (&) Cross LF over right

5 6 Rock RF to right (5) recover on LF (6)

7 & 8 Cross RF over left (7) step LF to left side (&) Cross RF over left (8)

### **BS5 (1-8) ROCK RECOVER & ROCK RECOVER, SAILOR TURN $\frac{3}{4}$ RIGHT , SWAY, SWAY**

- 1 2 &** Rock LF to left (1) recover on RF (2) step LF beside right (&)
- 3 4** Rock RF to right (3) recover on LF (4)
- 5 & 6** Turn  $\frac{3}{4}$  right and step RF behind left (5) step LF to left side (&) step RF beside left (6)
- 7 8** Sway LF to left side (7) sway RF to right side (8)

### **BS6 (1-8) SIDE, BEHINDE, STEP $\frac{1}{4}$ LEFT, STEP TURN $\frac{1}{2}$ , SIDE WITH $\frac{1}{4}$ TURN LEFT, BEHIND, SIDE**

- 1-3** Step LF to left side (1) step RF behind left (2) Make a  $\frac{1}{4}$  turn left stepping LF forward (3)
- 4-6** Step RF forward (4) pivot  $\frac{1}{2}$  turn left (5) make a  $\frac{1}{4}$  turn right stepping RF to right side (6)
- 7 8** Step LF behind right (7) step RF to right side

**The dance ends with the very first step of the sailor step, on count 5 in section 5**

**(High Intermediate only because of the sequences, the steps are not that tricky)**

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