

# R&F

Choreographed by Roy Hoeben & Fabienne Henshall

Description: ABC, 2 wall, rise & fall

Level : Advanced

Music : 'The Groove of Eucalyptus' by Ishtar (84bpm)

*Official UCWDC competition dance description*

*Date of usage 9 March 2017 to March 2018*

## Sequence : A B A A

### **Part A – 48 count**

#### **1-6: Full turn rondé, chassé**

- 1 LF Step forward.(1:30)
- 2 LF Full turn right, finish with RF rondé
- 3 RF Sweep back.
- 4 RF 1/8 turn right cross behind LF.
- 5 LF Step left.
- & RF Close LF.
- 6 LF Step left.

#### **7-12: Paddle turn**

- 1 RF Step forward (10.30)
- 2 RF 1/2 turn left.
- 3 LF Weight transfer.
- 4 RF Step forward.
- & LF 1/2 turn left.
- 5 RF Step forward 1/2 turn left.
- 6 LF Weight transfer.(face 4:30)
- & LF 1/2 turn left.

#### **13-18: Pivots 4x**

- 1 RF Step back.
- & LF 1/2 turn left step forward.
- 2 RF 1/2 turn left step Back.
- 3 LF 1/2 turn left step forward.
- 4 RF 1/2 turn left step back.
- & LF 1/2 turn left step forward.
- 5 RF 1/2 turn left step back.
- 6 LF 1/2 turn left step forward.

#### **19-24: Turn, Bodyroll, arabesque, fan turn**

- 1 RF 1/2 turn left close next RF (10.30).
- 2-3 Bodyroll up.
- 4 LF Step forward. Lifting RF back
- 5 RF Step forward.
- 6 RF Full fan turn.

#### **25-30: Slip pivots 2x**

- 1 LF 1/8 turn left step forward.(9:00)
- & RF 1/2 left step back.
- 2 LF Step back.
- 3 RF 1/4 turn left hook behind LF.
- 4 LF 1/4 turn left step forward.
- & RF 1/2 turn left step back.
- 5 LF Step back.
- 6 RF 1/4 turn left hook behind LF.

#### **31-36: Sway, heel turn**

- 1 LF Step left. (face 12:00)
- 2 LF Turn body to the left .
- 3 RF Step back.(3:00)
- 4 LF Step back.
- & RF Step back.
- 5 LF Next RF.
- & Heel turn 1/2 left.

- a RF 1/2 turn left and step back(face 9:00)
- 6 LF Cross over RF.

#### **37-42: Back twinkle, turn**

- 1 RF Step/Cross behind LF.
- 2 LF 1/4 turn left step left.
- 3 RF Step right.
- 4 LF Cross behind RF.
- 5 RF 1/4 turn left step back.
- 6 LF 1/4 turn left step left.

#### **43-48: Check, fan turn**

- 1 RF Check forward (10.30).
- 2 LF Weight transfer.
- 3 RF Step right.
- 4 LF Cross over RF.
- 5 LF 1 1/2 turn right.
- 6 RF Step right.( face 6:00)

### **Part B – 27 count – (start facing 6:00)**

#### **1-6: Twinkle, fallaway**

- 1 LF Cross over RF.
- 2 RF Step right.
- 3 LF Step left.
- 4 RF Cross over RF.
- 5 LF 1/4 turn right step right.
- 6 RF Step back.(face 9:00)

#### **7-12: Fallaway, pivots**

- 1 LF Step back.
- 2 RF 1/4 turn right step right.
- 3 LF 1/8 turn right cross over RF.
- 4 RF Step forward.(1:30)
- & LF 1/2 turn right step back.
- 5 RF 1/2 turn right step forward.
- & LF 1/2 turn right step back.
- 6 RF 1/2 turn right step forward.

#### **13-18: Step turn, curve**

- 1 LF Step forward.(1:30)
- 2-3 LF 1/2 turn right.
- 4 RF 1/8 turn right step forward.
- 5 LF 1/8 turn right step forward.
- 6 RF 1/4 turn right step forward.(1:30)

#### **19-24: Turning box, attitude turn**

- 1 LF Step back.
- 2 RF 1/4 turn right step right.
- 3 LF Cross over RF.
- 4 RF 1/8T right and step forward.(7:30)
- 5-6 RF Attitude turn 1 3/8 turn right. (face 12:00)

#### **25-27: Point, hold**

- 1 -3 LF Point left, hold