

Le Continental

SONG: Le Continental - available on iTunes
ALBUM: Rendez Vous
ARTIST: Laura Fygi
DESCRIPTION: 48 count, 4 wall, fast paced Intermediate Waltz
Interesting as there is a brief section of 4/4 time in the middle of this waltz
CHOREOGRAPHER: Jill Boxtel, Sunshine Coast, May 2010, Ph: (07) 5437 7442
ORIGINAL POSITION: Feet together, weight on L
DANCE STARTS: 48 count Intro

BEATS

STEPS

1-6

Waltz Fwd, Back, Sweep Back with ¼ Turn R

1,2,3 Step R fwd, step L beside R, step R beside L
4,5,6 Step L back, making ¼ turn R sweep R back (2 counts)

7-12

Behind, Side, Cross, Large Side Step, Drag to Touch

1,2,3 Step R behind L, step L to left, cross R over L
4,5,6 Step L to left (large step), drag R to touch beside L (2 counts)

13-18

Side, Together, Side, Cross, Hold, Recover

1,2,3 Step R to right side, step L beside R, step R to right side
4,5,6 Cross L over R, hold, recover on R (*)

19-24

¼ Turn L Step Fwd, Scuff, Hold, Waltz Fwd

1,2,3 Making ¼ turn L step L fwd, scuff R fwd, hold (**)
4,5,6 Step down on R, step L beside R, step R beside L

25-30

Back, Touch, Kick with Heel Raise, Waltz Back

1,2,3 Step L back, touch R beside L, kick R fwd while raising L heel
4,5,6 Step R back, step L beside R, step R beside L

31-36

Step Fwd with ¼ Turn R, Drag to Touch, Waltz Back

1,2,3 Step fwd on L making ¼ turn R, drag R to touch beside L (2 counts)
4,5,6 Step back on R, step L beside R, step R beside L (***)

37-42

Cross, Sweep, Samba Step

1,2,3 Step L over R, sweep R fwd (2 counts)
4,5,6 Step down on R to cross over L, step L to left, step R to right side (#)

43-48

Back, Touch, Kick with Heel Raise, Rock Back, Hold, Recover

1,2,3 Step L back, touch R beside L, kick R fwd while raising L heel (##)
4,5,6 Rock R back, hold, recover on L

DANCE SEQUENCE: Dance moves clockwise.

Wall 1: Dance to count 42 (#), dance the following tag and restart.

1,2,3 Step L to left, hold, hold
4,5,6 Cross R over L, hold, recover on L
7,8,9 Step R to right, hold, hold
10,11,12 Step L back and hook R foot, hold, hold

Wall 2: Dance 48 counts

Wall 3: Dance to count 21 (**), dance the following steps and restart.

22,23,24 Step down on R, step L fwd, scuff R fwd

Wall 4: Dance 48 counts

Wall 5: Dance 48 counts

Wall 6: Dance to count 36 (***), dance the following tag and restart.
(Note: The rhythm changes and this tag is in 4/4 time.)

1,2,3,4 Step L fwd, sweep R fwd to point in front, sweep R back to step down, touch L toe beside R
5,6,7,8 Repeat counts 1-4
9&10,11,12 Step L back, step R beside L, step L fwd, strut R fwd, strut L fwd

Wall 7: Dance to count 45 (##), dance the following steps

46,47,48 Rock R back, recover on L, step R fwd

Then dance the 4/4 tag (as for Wall 6) and restart.

Wall 8: Dance 48 counts

Wall 9: Dance 48 counts

Wall 10: Dance to count 18 (*). To finish the dance, make ¼ turn L to step L fwd and drag R to touch beside L.

The change of rhythm on Walls 6 and 7 makes this dance interesting.

The sequence is not as complicated as it looks. The dance fits very nicely to the music and has a nice feel to it so give it a go and enjoy!

jillboxtel@bigpond.com