

# Meditation

Count: 72

Wand: 2

Ebene: Improver

Choreograf/in: Gregory F. Huff (USA) - August 2024

Musik: Black Beach (Tape Version) - Deru



**#2 beats = 1 count. 8 count intro (start dance at :21 in music)**

**Begin dance with left foot closely crossing right, resting on the ball of each foot, with heel of each foot about 1/16" off the floor and arms crossing your body in a hug.**

## **½ TURN RIGHT WHILE MAKING A LARGE CIRCLE WITH YOUR HANDS**

1-8 As you slowly pivot on the balls of your feet ½ turn right, slowly raise your arms outward until the tips of your fingers almost touch above your head, forming an incomplete circle

## **CROSS L OVER R, COMPLETING THE LARGE CIRCLE WITH YOUR HANDS**

**As you slowly bring the tips of your fingers together over your head for counts 1-4:**

1 Slowly lift your left heel up  
2-3 Slowly drag your left toe diagonally in front of your right foot  
4 Place left heel slowly on the floor

## **½ TURN RIGHT WHILE MAKING A LARGE CIRCLE WITH YOUR HANDS**

5-8 As you slowly pivot on the balls of your feet 1/4 turn right, slowly raise your arms outwardly down to shoulder level  
1-4 As you slowly pivot on the balls of your feet 1/4 turn right, slowly bring your hands palms up almost close together without touching as if you were going to form a cup in front of you

## **CROSS L OVER R, CUPPING YOUR HANDS TOGETHER IN FRONT OF YOU**

**As you slowly bring your hands together to form a cup in front of you for counts 5-8:**

5 Slowly lift your left heel up  
6-7 Slowly drag your left toe diagonally in front of your right foot  
8 Place left heel slowly on the floor

## **½ TURN RIGHT WHILE RAISING YOUR CUPPED HANDS ABOVE YOUR HEAD**

1-8 As you slowly pivot on the balls of your feet ½ turn right, slowly raise your cupped hands above your head

## **CROSS L OVER R, CUPPING YOUR HANDS TOGETHER IN FRONT OF YOU**

**As you slowly raise your cupped hands together as high as possible while looking up for counts 1-4:**

1 Slowly lift your left heel up  
2-3 Slowly drag your left toe diagonally in front of your right foot  
4 Place left heel slowly on the floor

## **½ TURN RIGHT AS YOU LOWER YOUR ARMS ALMOST INTO A HUG**

5-8 As you slowly pivot on the balls of your feet 1/4 turn right, slowly lower your arms inwardly level with your head as left hand reaches for your upper right arm and your right hand reaches for your upper left arm  
1-4 As you slowly pivot on the balls of your feet 1/4 turn right, slowly lower your arms inwardly level with your shoulders as left hand reaches for your upper right arm and your right hand reaches for your upper left arm

## **CROSS L OVER R, COMPLETING THE HUG**

**As you slowly grasp your upper arms in a gentle hug with your arms resting on your chest for counts 5-8:**

5 Slowly lift your left heel up  
6-7 Slowly drag your left toe diagonally in front of your right foot

8 Place left heel slowly on the floor

**½ TURN RIGHT WHILE HUGGING YOURSELF**

1-8 Hug yourself as you slowly pivot on the balls of your feet ½ turn right

**CROSS L OVER R WHILE HUGGING YOURSELF**

**As you hug yourself for counts 1-4:**

1 Slowly lift your left heel up

2-3 Slowly drag your left toe diagonally in front of your right foot

4 Place left heel slowly on the floor

**½ TURN RIGHT WHILE HUGGING YOURSELF**

5-8 Hug yourself as you slowly pivot on the balls of your feet ¼ turn right

1-4 Hug yourself as you slowly pivot on the balls of your feet ¼ turn right

**CROSS L OVER R WHILE HUGGING YOURSELF**

**As you hug yourself for counts 5-8:**

5 Slowly lift your left heel up

6-7 Slowly drag your left toe diagonally in front of your right foot

8 Place left heel slowly on the floor.

**\*Do not attempt this dance using slip resistant footwear or on a slip resistant surface or if you have lower body pain or balance issues. Modify dance with baby steps instead of a pivot turn or just use arm movements while seated. Feet will slowly drift apart during dance; that is normal. Your weight will naturally shift as you turn to help you maintain your balance.**

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