

Hug

拍数: 48 墙数: 4 级数: Intermediate waltz
编舞者: Yvonne van Baalen (NL) - December 2014
音乐: Hug - Nathan Carter



#24 counts intro

[1 – 6] L. CROSS, R. SWEEP, R. CROSS, L. SWEEP

1- 3 Cross left over right – Sweep right in front of left in 2 counts
4- 6 Cross right over left – Sweep left in front of right in 2 counts

[7 – 12] L. TWINKLE ¼ TURN LEFT, R. COASTER STEP

1- 3 Cross left over right – Turn ¼ left step right back – Step left back
4- 6 Step right back – Step left beside right – Step right forward (9.00)

[13- 18] L. STEP FORWARD, R. POINT RIGHT, HOLD, R. STEP BACK, L. POINT LEFT, HOLD

1- 3 Step left forward – Point right to right side – Hold
4- 6 Step right back – Point left to left side - Hold

[19 – 24] L. TWINKLE ¼ TURN LEFT, R. COASTER STEP

1- 3 Cross left over right – Turn ¼ left step right back – Step left back
4- 6 Step right back – Step left beside right – Step right forward (9.00)

[25 – 30] L. STEP FORWARD, ½ LEFT, L. STEP BACK, R. STEP BACK, ½ LEFT, R. STEP FORWARD

1- 3 Step left forward – ½ turn left – Step left back (option: step forward on L-R-L
4- 6 Step right back – ½ turn left – Step right forward (option: step forward on R-L-R (6.00)

[31- 36] L. STEP FORWARD, R. KICK, HOLD, R. STEP BACK, L. CROSS TOUCH , HOLD

1- 3 Step left forward – Kick right forward – Hold
4- 6 Step right back – Cross touch left over right - Hold

[37 – 42] STEP FORWARD L., R., ¼ TURN left SIDE ROCK, CROSS, 2X ¼ TURN RIGHT

1- 3 Step left forward – Rock step forward with ¼ turn left weight on left (3.00)
4- 6 Cross right over left – ¼ turn right x 2 (9.00)

[43- 48] L. CROSS ROCK, SIDE, R. CROSS –ROCK- SIDE

1- 3 Cross left over right – Right recover – Left side step
4- 6 Cross right over left – Left recover – Right side step

TAG: end of wall 4 (12.00 wall)

L. CROSS STEP, 2X ¼ TURN LEFT, R. CROSS-ROCK-SIDE

1- 3 Cross left over right – ¼ turn left x 2
4- 6 Cross right over left – Left recover – Right side step (6.00)

RESTART: wall 9 (6.00 wall)

Dance the first 24 counts than restart the dance again (12.00)

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