

Like A Phoenix

拍数: 48 墙数: 4 级数: Intermediate / Advanced
编舞者: Rhoda Lai (CAN) - March 2015
音乐: Phoenix - Molly Sandén : (iTunes)



Intro: 16 counts □ - Note: 1 Restart in Wall 3

S1: □ Press L/recover sweep, Anchor Step, ¼ R/point L, ¼ L, ½ L ½ L, R Forward Rock/recover

1 2 Press forward L, recover onto R while sweeping L from front to back
3&4 Step on the ball of L behind R, recover onto R, Step down L
&5 ¼ R step R to R side, point L to L side (3:00)
6 ¼ L step down L □ (12:00)
7&8& ½ L stepping R back, ½ L stepping L forward, rock forward R, recover onto L

S2: □ Back R/ together L, Heel turn ½ L, Tippy-toes, Fwd R, L Mambo, R Coaster, Fwd Lock Shuffle, Sweep

1 2 Step back R, step L beside R
& With weight on heels of both R & L, make ½ L by raising the balls of both feet □ (6:00)
3 4 Lift on the ball of both feet with ending weight on L (like tippy-toes), step forward R
5&6 Rock L forward, recover onto R, step back L
7&8 Step back R, step L beside R, step forward R (beginning of forward lock shuffle)
&1 Lock L behind R, step forward R while sweeping L from back to front

S3: □ Turning Weave, R Cross rock, Side rock, Behind - ¼ L- Forward

2&3 Cross L over R, ⅛ L stepping back R, step back L
&4 Step back R, ⅛ L stepping forward L (3:00)
5&6& Cross R over L, recover onto L, rock R to the side, recover onto L
7&8 Step R behind L, ¼ L stepping L forward, step forward R (12:00)

S4: □ (Step Forward L Pivot ½ R) X 3, Forward L, (Turning Step Touch) x 3, ⅛ L, Together

1&2& Step forward L, pivot ½ R, step forward L, pivot ½ R, (Easy option: L rocking chair)
3&4 Step forward L, pivot ½ R, step forward L □ (6:00)
5& ⅛ L stepping R to the side (4:00), touch L beside R
6& ¼ L stepping L to the side (1:00), touch R beside L,
7& ¼ L stepping R to the side (11:00), touch L beside R
8& ⅛ L stepping L to the side, step R beside L □ (9:00)

***Restart here during 3rd Wall, see below

S5: □ ¼ L Lock Shuffle, ½ R Lock Shuffle, ½ L, Step Pivot ½ L, Cross-side-heel-together

1&2 ¼ L stepping forward L, step R behind L, step forward L (6:00)
3&4 ½ R stepping forward R, step L behind R, step forward R (12:00)
5&6 ½ L stepping forward L, step R forward, pivot ½ L
7&8& Cross R over L, step L to L, tap R heel to R diagonal, step R in place

S6: □ Cross L, Big Step R, Drag L, Sway LR, ¼ L, Step Pivot ½ L, Spiral full turn L, Run L R

1&2 Cross L over R, take a big step to the R, drag L heel towards R
3&4 Sway upper body to L, R, ¼ L stepping forward L (9:00)
5 6 Step forward R, pivot ½ L □ (3:00)
7&8 Step R forward while making a spiral full turn L, step forward L, R

***Restart: on Wall 3, restart the dance after S4 facing 3:00

Special thanks to Fake In Line for giving me the opportunity to teach in my first European dance workshop in Sweden.

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