

The Miracle

拍数: 80 墙数: 2 级数: Improver
编舞者: Diane Blairs (UK) - April 2016
音乐: The Miracle (Of Joey Ramone) - U2 : (Album: The Songs of Innocence)



Intro: 16 Counts: Alternative Music: Volcano: U2

S1: R ROCK, RECOVER, CROSS, HOLD, L ROCK, RECOVER, TOUCH, HOLD.

1-2 rock right to right side, recover on left,
3-4 cross right over left, Hold
5-6 rock left to left side, recover on right,
7-8 touch left beside right, Hold

S2: L CROSS ROCK, TOUCH, HOLD, BACK ROCK, TOUCH HOLD.

1-2 cross left over right, recover on right,
3-4 touch left beside right, Hold,
5-6 rock back on left, recover on right,
7-8 touch left beside right, Hold.

S3: CROSS, SIDE, BEHIND, SIDE, L KICK TOUCH X 2

1-2 cross left over right, step right to right side,
3-4 step left behind right, step right to right side,
5-6 small kick with left, touch beside right,
7-8 small kick with left, touch beside right.

S4: SIDE, BEHIND, ¼ TURN L, TOUCH, FWD, TOUCH, BACK, TOUCH.

1-2 step left to left side, step right behind left,
3-4 left ¼ turn, step on left, touch right beside left,
5-6 step fwd on right, touch left beside right,
7-8 step back on left, touch right beside left,

S5: CHASSE RIGHT, BACK ROCK, ROCK FWD, RECOVER, BACK RECOVER.

1&2 step right to right side, step left beside right, step right to right side
3-4 rock back on left, recover on right,
5-6 rock forward on left, recover on right
7-8 rock back on left, recover on right

S6: L CHASSE, BACK, ROCK, STEP, ½ PIVOT L, STEP FWD, HOLD

1&2 step left to left side, step right beside left, step left to left side,
3-4 rock back on right, recover on left,
5-6 step forward on right ½ pivot left,
7-8 step forward on right, Hold.

S7: CHASSE LEFT, L ¼ TURN, CHASSE RIGHT, LSHUFFLE BACK, ¼ R, CHASSE RIGHT.

1&2 step left to left side, step right beside left, step left to left side,
3&4 ¼ turn left, step right to right side, step left beside right step right to right side,
5&6 step back on left, step right beside left, step back on left
7&8 ¼ turn right, step right to right side, step left beside right step right to right side.

S8: CROSS SHUFFLE, ½ TURN R, RIGHT CROSS SHUFFLE, L CHASSE, STEP ¼ L, TOUCH R.

1&2 cross left over right, step right to right side, cross left over right,
&3&4 ½ turn right, (weight on left) cross right over left, step left to left side cross right over left,

5&6 step left to left side, step right beside left, step left to left side,
7- 8 step forward on right ¼ pivot left, (weight on left)

S9: CHASSE R, ROCK BACK, RECOVER, KICK-BALL- CROSS X2

1&2 step right to right side, step left beside right, step right to right side,

3-4 rock back on left, recover on right,

5&6 small kick with left, step on the ball of left, cross right slightly over left, (weight on right)

7&8 small kick with left, step on the ball of left, cross right slightly over left, (weight on right)

S10: SIDE TOG, FWD L HOLD, R MAMBO,TOG, HOLD

1-2 step left to left side, step right beside left

3-4 step forward on left, Hold

5-6 rock forward on right, recover on left,

7-8 step right beside left, Hold.

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