

Million Words

拍数: 48 墙数: 2 级数: Intermediate
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音乐: Million Words - The Vamps : (CD: Wake Up)



#36 counts intro (app 18 sec)

Section 1 : SIDE, BEHIND, CHASSE ¼ RIGHT, ROCK FORWARD, TRIPLE FULL TURN LEFT

- 1-2 Step right to right side – cross left behind right
3&4 Step right to side – 1/4 turn right stepping left beside right – step right forward (3:00)
5-6 Rock forward on left – recover onto right
7&8 1/2 turn left stepping left slightly forward – 1/4 turn left stepping right beside left – 1/4 turn left crossing left over right

Section 2 : SIDE, TOGETHER, CROSS SHUFFLE, BACK, SIDE, CROSS SHUFFLE

- 1-2 Long step right to side – close left next to right, body diagonally left (3:00)
3&4 Cross right over left – step left to side – cross right over left
5-6 Step back on left – step right to side
7&8 Cross left over right – step right to side – cross left over right (3:00) **Restart 2**

Section 3 : RIGHT CHASSE, ¼ LEFT LEFT CHASSE, GRIND, SIDE, SAILOR HEEL

- 1&2 Step right to side – close left beside right – step right to side
3&4 1/4 turn left stepping left to side – close right beside left – step left to side (12:00) **Restart 1**
5-6 Cross right heel in front of left – grind right heel stepping left to side
7&8 Cross ball of right behind left – step left to side – touch right heel diagonally right forward

Section 4 : BALL CROSS, SIDE, BEHIND SIDE CROSS, BACK, SIDE, CROSS, ¼ RIGHT, ½ RIGHT

- &1-2 Step ball of right next to left – cross left over right – step right to side
3&4 Cross left behind right – step right to side – cross left over right
5&6 Recover onto right back – step left to side – cross right over left
7-8 1/4 turn right stepping back on left – 1/2 turn right stepping right forward (9:00)

Section 5 : TRIPLE ½ TURN RIGHT, BACK ROCK, KICK BALL POINT, LEFT SAILOR

- 1&2 Triple 1/2 turn right stepping L, R, L (3:00)
3-4 Rock back on right – recover onto left
5&6 Kick right forward – step right beside left – point left to side
7&8 Cross ball of left behind right – step right to side – step left to side

Section 6 : SAILOR ¼ RIGHT, FORWARD ROCK, BACK LOCK STEP, BACK ROCK

- 1&2 Cross ball of right behind left – 1/4 turn right stepping left beside right – step right forward (6:00)
3-4 Rock left forward – recover onto right
5&6 Step back on left – lock right over left – step back on left
7-8 Rock back on right – recover onto left

Restart 1 : 3rd wall (12:00), dance 20 counts then restart the dance from the beginning, face to 12:00

Restart 2 : with step change : 7th wall (6:00), dance Sections 1 and 2 (16 counts) adding a ¼ turn R on 2nd Section :

- 5-6 1/4 turn right stepping back on left – step right to side
7&8 Cross left over right – step right to side – cross left over right

Then Restart from the beginning, face to 12:00

« Croquez la vie à pleines danses ! » □

