

Loving Me Speechless

拍数: 32 墙数: 2 级数: High Intermediate
编舞者: Gemma Ridyard (UK) & Lyn Ridyard (UK) - May 2018
音乐: Speechless - The Shires



R Nightclub basic, 3/4 reverse spiral, run around arabesque, weave, sweep, behind 3/8 turn L

- 1 2& Step R big side step, cross rock L behind R, replace weight forward to R
3 step L back a 1/4 turn R as you complete a 1/2 turn over R shoulder hook RF in front of L shin (9.00)
4&5 Run around a full turn over R shoulder R,L,R as you complete the last step bring L leg up to attitude arabesque
 option ronde LF from back to front
6&7 cross L in front of R, step R to R side, cross L behind R as you sweep R from front to back
8& cross RF behind L, make 3/8 turn L as you step L forward (5.30)

Spiral, Run forward LR, rock, triple turn back R 1 1/2, step L, step R, cross unwind full turn rock L, run back LR

- 1 step R forward as you unwind a full turn L – L finishes hooked across R shin (5.30)
2&3 step LF forward, step RF forward, rock LF forward turn torso to L prepping upper body
4&5 Make a 1/2 turn R stepping R forward, make a 1/2 turn R stepping L back, make a 1/2 turn R stepping R forward (10:30)
6& Step L forward, step R forward
7 Cross L behind R as you unwind a full turn L weight finishes rocked forward on L (10:30)
8& Run Back R, Run Back L (10:30)

1/4 turn R sway r,l,r, ronde 1 1/8 turn L, press R forward reaching R arm up, 1/4 R touch L, R arms pulls down

- 1 2 3 Make a 1/4 turn R step R to R swaying hips, sways hips L, sway hips R (1.30)
4 stepping L down sweep R a 1 1/8 turn L (12.00)
5 6 press ball of R forward as you slowly extend R arm up (5,6)
7 8 make a 1/4 turn R touching L toe to R drawing R arm down into a fist (78) (3.00)

1/4 L sweep R, cross 1/4 back, 1/4 R nightclub basic, reverse spiral 1/2 R, arc run 1/2 L, cross

- 1 2& Make a 1/4 turn L step L forward as you sweep R from back to front, cross R over L, make a 1/4 turn L stepping L back (3.00)
3 4& make a 1/4 turn R stepping R big side step R, cross L behind R, replace weight forward to R (6.00) 5 step L to L side as you unwind 1/2 turn R – R hooks over L shin (12.00)
6&7 making an arc run around 1/2 turn over R stepping R,L,R (6.00)
8 Cross L over R

Tag 8 counts end of wall 2 facing 12 O'clock

- 1 2& Step R to R, cross L behind R, make a 1/4 turn R step R forward (3.00)
3 4 step L forward, pivot 1/2 a turn R (9.00)
&5 Make a 1/4 turn R step L to L, cross R behind L (12.00)
6&7 Make a 1/4 turn L step L forward, step R forward, pivot 1/2 turn L (3.00)
8& Make a 1/4 turn L step R to R, close L to R (12.00)

Happy Dancing! - Love Gem XOXO

Email: Gem@gemridyard.com