

I've Been Waiting

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Robert Lindsay (UK) - September 2018
音乐: I've Been Waiting for You (Singalong Version) - Cast of Mamma Mia! the Movie :
(from Mama Mia 2 Soundtrack)



Intro: 16 counts, 13 seconds. Start on vocals.

Section 1: Right Basic Night Club Step, Step, Behind Side Cross, Side Rock Cross

1 Step right to right side.
2&3 Rock left back behind right. Recover weight onto right. Step left to left side.
4&5 Step right behind left. Step left to left side. Step right across in front of left.
6&7 Rock left out to left side. Recover weight onto right. Step left across in front of right.

Section 2: 2 x ¼ Turn Left, Cross Rock, ¼ Turn Left, Back Rock, Step, Step Forward, Pivot ½ Turn Right, Pivot ½ Turn Right with Sweep, Behind Side Cross

8&1& Turning ¼ turn left, step back on right. Turning ¼ turn left, step left to left. Rock right over in front of left. Turning ¼ turn left, rock back onto left.
2&3 Rock back on right. Recover weight onto left. Step forward on right.
4&5 Step forward on left. Pivot ½ turn right. Turning ½ turn right, step back on left sweep right foot from front to behind the left.
6&7 Step right behind left. Step left to left. Step right across in front of left.

Section 3: Left Scissor Step, Diagonal Rocking Chair, Step Touch, Step Drag, Coaster Step

8&1 Step left to left side. Step right beside left. Step left across in front of right.
2&3& Rock forward on right diagonal. Recover weight onto left. Rock back on right. Recover weight onto left.
4& Step forward on right. Touch left to right, keeping weight on right.
5 Step back on left. Drag right back towards left.
6&7 Step back on right. Step left beside right. Step forward on right.

Restart here on 4th wall. After the coaster step, step left beside right and start again.

Section 4: Left Lock Forward, Step Forward, ¼ Turn Left, Cross, ¾ Turn Right, (LRL) Rock Forward, Rock Right, Step Right Forward, Pivot ½ Turn Left

8&1 Step forward on left. Step right behind left. Step forward on left.
2&3 Step forward on right. Pivot ¼ turn left. Step right across in front of left.
4&5 Turning right - triple ¾ turn stepping left, right, left.
(non-turning alternative - chasse ¼ left)
6&7 Rock forward on right. Recover weight onto left. Rock right to right side. Recover weight onto left.
&8& Step forward on right. Pivot ½ turn left.