Dirty Dancing



编舞者: Heidi Cronjé (SA) - August 2019 音乐: Dirty Dancing - EDEN : (3:14)



Music is available on Spotify

Intro: After 4 seconds, start on the word "lyf" of the lyrics (Druk jou lyf teen my lyf)

SECTION 1: ROCK, RECOVER, CROSS, ROCK RECOVER, CROSS, ROCK, RECOVER

1-3 Rock R, Recover L, Cross R over L4-6 Rock L, Recover R, Cross L over R

7-8 Rock R, Recover L

SECTION 2: WEAVE, 1/4 L, 2 X WALK, ROCK, RECOVER

1-4 Cross R over L, Step L side, Cross R behind L, Turn 1/4 L and step L fwd

5-6 Step R fwd, Step L fwd7-8 Rock R fwd, Recover L* Restart during walls 4 & 7

SECTION 3: SIDE, BEHIND, 1/4 R, 2 X STEP, PIVOT 1/2, 1/4 R, STEP, BEHIND, SIDE

1-2 Step R side, Cross L behind R

3-4 Turn 1/4 R and step R fwd, Step L fwd

5-6 Pivot 1/2 turn R (weight on R), Turn 1/4 R and step L side

7-8 Cross R behind L, Step L side

SECTION 4: WEAVE, 1/4 L, 2 X STEP, PIVOT 1/2, 1/4 L, SIDE, BEHIND

1-2 Cross R over L, Step L side

3-4 Cross R behind L, Turn 1/4 L and step L fwd
5-6 Step R fwd, Pivot 1/2 turn L (weight on L)
7-8 Turn 1/4 L and step R side, Cross L behind R

Start Again. Have fun and Enjoy!

Tag: At the end of wall 8

1-4 Step R side and Sway R, L, R, L

Restart: During walls 4 & 7 after section 2

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