

The Power of a Song

拍数: 32 墙数: 2 级数: Improver
编舞者: Chas Oliver (UK) - January 2020
音乐: Power of a Song - Randy Houser



Alternative track, Hurt by Bouke.

Slow 12 count intro.

Section 1. step forward Right, step back together, hook, step forward.

1,2 & 3,4. Step forward right taking weight off left, step back onto Left, step right next to left, step back Left, hook Right in front of Left, step forward onto Right.

5,6,& 7,8. step forward Left taking weight off Right, step back onto Right, step Left next to right, step back onto Right, hook Left in front of Right, step forward onto Left.

(R/S. Wall 4.)

Section 2. A forward fall away weave x2

1&2&3& 4. cross Right over Left, step left to side, step Right behind Left, hitch Left knee, step back onto Left, ¼ turn to Right, stepping onto Left, step right to side, step forward onto Left.

5&6&7&8, cross Right over left, step Left to side, step right behind left, hitch Left knee, ¼ turn Right stepping onto Left, step Right to side, step forward onto Left.

(R/S. Walls 2, 6, 8.)

Section 3, weave Left, & cross rock, weave right & cross rock,

1&2&3,4 cross Right over Left, step Left to side, cross Right behind Left. Step Left to side, cross rock Right over Left, recover weight back onto Left.

&5&6&7,8. step Right to side, cross Left over right, step Right to side, step Left behind right, step Right to side, cross rock Left over right, recover weight onto Right.

Section 4. rock forward recover. Right & Left, & sway, R.L.R.L.

&1,2,& 3, 4, step Left to side, rock forward onto Right, recover onto Left, step Right next to Left, rock forward onto Left, recover weight onto Right,

&5,6,7,8. step Left next to Right, sway Right, Left, Right, Left.

Start again.

Restarts,

wall 2 after section 2.

Wall 4 after section 1.

Wall 6 after section 2

wall 8. after section 2.

Alt. Track - Hurt by Bouke, there are NO restarts. 8 count intro , start on the word Hurt.