

Pull Me In

拍数: 32 墙数: 4 级数: Easy Intermediate – Triple two step
编舞者: Christine Guillemard (FR) - May 2020
音乐: Pull Me In - Jonny Houlihan



Begin on word 'LOST' (I want to get LOST in you,,,) Start with weight on left foot, facing 12:00.

****2 restarts :**

– Restart on wall 4, after count 12, facing 3:00.

– Restart on wall 8, after modified count 16 : replace RF cross over LF by RF touch beside LF. Facing 6:00.

S 1 : ¼ forward R ½ turn R on RF, LF back with sweep, behind side cross, heel grind ½ turn L, back, together, side, ¼ turn L

- 1 RF ¼ turn R step fwd making ½ turn on R 9:00
- 2 LF back, sweeping RF from front to back
- 3&4 RF cross behind LF, LF side on L, RF cross over LF
- 5 LF heel grind making ½ turn on L 3:00
- 6&7 RF back, together, RF big step on R side
- 8 Together while turning ¼ turn on L 12:00

S 2 : 1/8 turn on L fwd, fwd with platform spin on R, fwd, fwd with lunge, 1/8 turn on R side, behind, sailor shuffle

- 1 1/8 turn on L (L diag), RF fwd 10:30
- 2 LF fwd with full turn on R
- 3 RF fwd
- 4 LF fwd with lunge and L arm stretched fwd
- 5 1/8 turn R RF on R side 12:00
- 6 LF cross behind RF
- &7&8 Sailor shuffle : RF on R side, LF heel on L diag, LF cross behind RF in third position, RF cross over L

S 3 : Push turn on L, back, back push turn on R

- 1 LF fwd ¼ turn on L 9:00
- &2 RF R side on ball, pushing LF making ¼ turn on L 6:00
- &3 RF R side on ball, pushing LF making ¼ turn on L 3:00
- &4 RF R side on ball, pushing LF making ¼ turn on L 12:00
- 5 RF back
- 6 LF back
- &7 RF R side on ball, pushing LF making ¼ turn on R 3:00
- &8 RF R side on ball, pushing LF making ¼ turn on R 12:00
- &1 RF R side on ball, pushing LF making ¼ turn on R 9:00

During push turns, left foot ball sticks on the floor.

S 4 : Back, turning sailor step on L, Dorothy step (wizad), step turn

- 2 RF back (5th position)
- 3&4 Sailor step ½ turn on L : LF cross behind RF, RF R side turning ¼ turn on L (6:00), LF fwd turning ¼ turn on L 3:00
- 5, 6& RF fwd, LF lock behind RF, RF fwd
- 7, 8 LF fwd, ½ turn R on both balls, weight on LF 9:00

Have fun with this dance, thanks to my good friend Wijnanda who suggested me the music. Xx

Contact : xxguillem@aol.com

