

Sweet Melody

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Lucy Cooper (UK) - November 2020
音乐: Sweet Melody - Little Mix



Intro: 16 counts

Diagonal Toe Strut, Cross, Side Rock, Cross, Hold, Hip Bumps

1 2 Touch right toe to right diagonal (pushing hips to right), place the heel down
3 4& Cross left over right, rock right to right side, recover weight onto left
5 6 Cross right over left, hold
7 8 Step left to left side as you push into the left hip, bump hips to the right

Diagonal Toe Strut, Cross, ¼ Pivot R, Step, Hold, Prissy Walks x 2

1 2 Touch left toe to left diagonal (pushing hips to left), place the heel down
3 4& Cross right over left, step left to side pivoting ¼ right, step forward on right - 3.00
5 6 Step left forward crossing slightly over right, hold
7 8 Walk right forward crossing slightly over left, walk left forward crossing slightly over right

Forward Rock, Recover, Back, Coaster Step, Hold, Forward Rock, Point Side

1 2 Rock right forward (optional body roll), recover onto left
3 4& Step back on right, step left back, step right together
5 6 Step left forward, hold
7&8 Rock right forward (small steps), recover onto left, point right to side

Cross Behind, Kick and Sweep, Behind, Side, Forward, Paddle Turn ¼ L, Paddle Turn 1/8 L x 2

1 2 Cross right behind left, sweep left round with a small kick to the left diagonal
3&4 Cross left behind right, step right to side, step left forward
5 6& Step forward on the right, pivot ¼ left (weight ending on left), step forward on the right,
7&8 Pivot 1/8 left, step forward on the right, pivot 1/8 left 9.00

(Optional hip rolls on the pivot turns)

Out, Out, Heel Swivels, Ball, Side Rock, Sailor ½ L

1 2& Step right out to side, step left out to side, swivel right heel out
3&4& Swivel right heel back in and place foot down, swivel left heel out, swivel left heel back in and
place foot down, ball step right next to left
5 6 Rock left to left side, recover onto right
7&8 Cross left behind right turning ½ left, step right to side, step left to side 3.00

Out, Out, Heel Swivels, Ball, Side Rock, Sailor ½ L

1 2& Step right out to side, step left out to side, swivel right heel out
3&4& Swivel right heel back in and place foot down, swivel left heel out, swivel left heel back in and
place foot down, ball step right next to left
5 6 Rock left to left side, recover onto right
7&8 Cross left behind right turning ½ left, step right to side, step left to side 9.00

Restart here on walls 1, 2 and 4

Diagonal Forward, Forward Mambo, Side Rock, Back, Sweep, Behind, Side, Cross

1 2& Step right forward to left diagonal, rock left forward to diagonal, recover onto right 7.30
3 4& Step left back, rock right out to side squaring up, recover onto left 9.00
5 6 Cross right behind left, sweep left round to back
7&8 Cross left behind right, step right to side, cross left in front of right

Side, Point (turning body right), Full Turn L, Side, Touch, Skate, Skate

- 1 2 Step right to side, point left to left side turning body to face the right
- 3 4 Full turn left stepping left, right
- 5 6 Fairly big step left to side, drag right in to touch beside left
- 7 8 Skate right to right diagonal, skate left to left diagonal

Restarts: On walls 1, 2 and 4, dance up to 48 counts, then restart the dance

Tag: 4 count tag, after wall 6

Diagonal Toe Strut x 2

- 1 2 Touch right toe to right diagonal (pushing hips to right), place the heel down
- 3 4 Touch left toe to left diagonal (pushing hips to left), place the heel down

Sequence:

Up to 48 counts, restart

Up to 48 counts, restart

Whole thing

Up to 48 counts, restart

Whole thing

Whole thing

4 count tag

Whole thing

The music really helps with the restarts and tags so they aren't too difficult to remember.

Last Update - 2 Dec. 2020
