

# 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**

---