The Music In You



拍数: 32 墙数: 4 级数: Intermediate

编舞者: Rona Kaye (USA) - January 2021

音乐: You Get What You Give - New Radicals: (Amazon.com)



Dance starts after 32 counts. (Start counting that first 32 AS SOON AS the track starts!)

Kick, Back Rock/"Dip" 1/8 Turn R, Recover 1/8 Turn L, Side Toe Switches, Hold, Ball Step 1/4 Turn Left:

123	Kick R Forward (1) F	Rock R Back/"Dip" 1	/8 To Right (2) Recover	On L 1/8 To Left (3) 12:00

4 & 5 6 Touch R Side Right (4) Step R Into L (&) Touch L Side Left (5) Hold (6) 12:00

& 7 8 Step L Into R (&) Step R Forward (7) Turn 1/4 To Left Wt On L (8) 9:00

Cross, Hinge Turn To Right, L Triple Step Forward, Hold, Ball Rock Forward:

123	Cross R Over L (1) Step Back L 1/4 Turn Right (2) Step R Forward 1/4 Turn Right (3) 3:00
4 & 5 6	Step L Forward (4) Step R Into Slightly Behind L (&) Step L Forward (5) Hold (6) 3:00
& 78	Step R Into L Slightly Behind (&) Rock Forward Onto L (7) Recover Onto R - 3:00

Ball Touch R Back, Turn 1/2 To Right, Chase Turns To Right And Left, Step Forward:

&1	Step L Into R (&) Touch R Toe Back (1) 3:00
23	Turn ½ To R Wt On R (2) Step L Forward (3) 9:00

4 5 6 Turn ½ To R Wt On R (4) Step L Forward (5) Step R Forward (6) 3:00

7 8 Turn ½ To Left Wt On L (7) Step R Forward (8) 9:00

1/4 Turn L, Low Diagonal Kicks R & L, Step Touch 1/4 To Left, Step Touches To Right and Left:

12&3	Turn 1/4 To Left Wt On L	(1) Kick R Across L	. (2) Step R Home	e (&) Kick L Across R (3) 6:00
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& 4 Turn ¼ To Left Step L To Left (&) Touch R Into L (4)

5 6 7 8 Step R Side Right (5) Touch L Toe Into R (6) Step L Side Left (7) Touch R Toe Into L (8) 3:00

End of Dance!

***Restarts with the "change of step" happen on Walls 6 and 10, after the first 24 counts. Instead of stepping forward on R on count 24, TOUCH the R toe into L and SNAP your fingers, hands up, shoulder height. Then restart with the R kick forward at the start of the dance. Your weight at that point is on your L (count 23).

Wall 6 starts facing 3:00, you will restart the dance at 12:00 (Wall 7) Wall 10 starts facing 9:00, you will restart the dance at 6:00 (Wall 11).

When you finish Wall 11, you will be facing 9:00...this is when the 12 count tag happens BEFORE starting Wall 12 at 9:00. No more surprises after the tag!!!!

You should be facing the front of the room at the very end of the dance! Dance ends on count 7 of the second eight count.

*12 Count TAG (facing 9:00 after Wall 11 and before starting Wall 12):

Side, Together, Side, Cross Rock Recover Side, Cross, Side, Sailor R, Step Touch R and L:

1 2 3	Step R Side Right (1) Step L Into R (2) Step R Side R (3) 9:00
4 & 5	Cross Rock L Over R (4) Recover To R (&) Step L To Left (5) 9:00

6 7 8 & Step R Over L (6) Step L Side Left (7) Step R Slightly Behind L (8)Uncross Stepping L Slight

Side Left (&) 9:00

12	Step R Side Right (1) Touch L Toe Into R (2)
3 4	Step L Side Left (3) Touch R Toe Into L (4) 9:00

^{***}Restart here after count 24. "Change of step" is noted below.

Begin Wall 12 at 9:00 after the 12 count tag..

I heard this song for the first time during The Inauguration's "Celebrating America" evening concert and tribute to our blessed Country. The show's message to me was one of Unity, Hope, Truth, Honor and Gratitude. I dedicate it to the memory of Beau Biden.

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