

Miracles

拍数: 48 墙数: 1 级数: Improver / Intermediate
编舞者: Debra Cleckler (USA) - June 2021
音乐: Miracles - Colton Dixon



This dance is dedicated to our dear friend, Rita and others who are walking miracles after surviving severe cases of Covid and other serious illnesses. Miracles do happen like that!

Note: This music is Samba which is counted 1 a2 (for the most part). This dance is choreographed as a one wall dance using simple Samba patterns to keep it easy. Samba has a "Pulse" action, where the knees bend and straighten. Samba Walks and Botofogos use a slightly different action where the knees bend with hips slightly forward (under the body) on count 1, straighten knees via a "pull back" of the hips on count 2. NOTE: Section 2 is repeated every time you face 6:00. (Counts 9-16 & 25-32).

Intro 16 counts

[1-8] R Samba Walk and 1/4 L Turning Samba Walk (X2)

- 1 a2 Step forward R (knees bent, hips slightly forward) (1), Place L (ball of foot) slightly back (a), pull hips backward to straighten both legs, sliding R foot back just slightly (2).
- 3 a4 Cross L foot over R making 1/4 turn left (3), Place R (ball of foot) slightly back (a), pull hips backward to straighten both legs, sliding L foot back just slightly (2). 9:00
- 5 a6 Repeat 1 a2 this section.
- 7 a8 Repeat 3 a4 this section. 6:00

[9-16] R and L Botofogos (Cross-Side-Pull Back), 1/2 R Samba Paddle Turn

- 1 a2 Cross R over L (face L diagonal) (knees bent, hips slightly forward) (1), place L (ball of foot) side and slightly back (face R diagonal) (a), pull hips backward to straighten both legs, sliding R foot back just slightly (2). 1:30
- 3 a4 Cross L over R (face R diagonal) (knees bent, hips slightly forward) (3), place R (ball of foot) side and slightly back (face L diagonal) (a), pull hips backward to straighten both legs, sliding L foot back just slightly (4) 10:30
- 5-8 Step R forward (6:00) (5), step ball of L next to instep of R (a), replace weight to R facing 7:00 (6), step ball of L beside R (a), replace weight to L facing 10:00 (7), step ball of L beside R (a), replace weight to R facing 12:00 (8) (1/2 Turn R) ** 12:00

****Restart here on Wall 5 (Stomp L forward on count 8 then restart)**

[17-24] Brazilian Style (Syncopated Heel Grinds) L-R-L, Left Pivot (1/2 Turn L)

- 1-2& Grind L heel (toes turn inside to out) (1), step R in place (2), step L beside R (&)
- 3-4& Grind R heel (toes inside to out) (3), step L in place (4), step R beside L (&)
- 5-6& Grind L heel (5), step R in place (6), step L beside R (&)
- 7& 8 Step forward R (7), turn 1/2 L (&), Step forward L (8). 6:00

[25-32] R and L Botofogos (Cross-Side-Pull Back), 1/2 R Samba Paddle Turn

- 1-8 Repeat section 2 (counts 9-16) * to end facing front wall - 12:00
- *Restart here on Wall 3 (Stomp L fwd. on count 8 then restart)**

[33-40] L Turning Samba Box (X2) (Full L Turn)

- 1 a2 Step L forward turning 1/8 L (1), step R to side (a), step L close to R turning 1/8 L 9:00
- 3 a4 Step R back turning 1/8 L (3), step L to side (a), step R close to L turning 1/8 L 6:00
- 5 a6 Step L forward turning 1/8 L (5), step R to side (a), step L close to R turning 1/8 L 3:00
- 7 a8 Step R back turning 1/8 L (3), step L to side (a), step R close to L turning 1/8 L 12:00

[41-48] L and R Botofogos, Full L Turning Samba Paddle Turn/Rolls***

- 1 a2 Cross L over R (knees bent, hips slightly forward) (1), place R (ball of foot) side and slightly back (a), pull hips backward to straighten both legs, sliding L foot back just slightly (2).
- 3 a4 Cross R over L (knees bent, hips slightly forward) (3), place L (ball of foot) side and slightly back (a), pull hips backward to straighten both legs, sliding R foot back just slightly (4)
- 5-8 Step L forward (12:00) (5), step ball of R next to instep of L (a), replace weight to L facing 7:00 (6), step ball of R beside L (a), replace weight to L facing 4:00 (7), step ball of R beside L (a), replace weight to L facing 12:00 (8) (Full Turn L) 12:00

*****OPTION: For these last 8 counts you could do the "Samba Roll" where you roll your upper body in a circular motion to the left as you do 1/4 L turns to face the front.**

***Restart on wall 3 - go thru 32 counts stomping fwd. L on count 8 of R Paddle Turn**

****Restart on Wall 5 - go thru 16 counts stomping fwd. L on count 8 of R Paddle Turn**

Sequence: 48-48-32-48-16-48-16 to face the front. Taa-Daa!

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