Omega Dance

拍数: 32	墙数: 2	级数: Intermediate Smooth NC

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音乐: The Courage of Love - Garth Brooks

Note: I recommend starting after the first verse 45 seconds

[1-7] Cross Basic back, Chaine right (with hitch), Sailor left

12&3	Rf diagonal back, cross Lf over Rf, Rf back, Lf side left
4&5	Rf ¼ turn right(4), ¾ turn right with hitch, Rf to the right
6&7	Lf behind Rf, Rf to the right, Lf to the left

[8-15] Steps turn, side, Cross, side, back, sweep, side, step foward 1/8 turn left, Rock, recover, back

8&1	Rf ¼ turn right, Lf ¼ turn right, Rf to the right
2&3	Lf cross over Rf, Rf to the right, Lf big step back
4&5	Rf cross behind Lf,Lf to the left, Rf foward 1/8 turn left
6&7	Lf foward, recover weight Rf, Lf big step back

[16-23] Spin right,1/8 side with hands right and Sway, Center, Sways R&L ,center,sways L&R

8&1	Full turn right foward, Lf back ,Rf 1/8 turn right
2&3	Recover weight center, Sway right &left (hands: chest,right,left)
4&5	Recover weight center, Sway left&right (hands: chest,left,right)
6&7	Lf diagonal right foward, recover weight Rf, sweep Lf back

[24-32] Rock diagonal, recover,sweep,steps back,1/2 turn right, Diamond 3/8 right, Chaine left,basic left

8&1	Rf back, Lf back,Rf ½ turn right
2&3	Lf back, Rf back, Lf 1/8 turn right
4&5	Rf 1/8 foward, Lf foward, Rf 1/8 right (6:00)
6&7	Lf ¼ turn left, Rf beside Lf ¾ turn left,Lf to the left
8&	Rf behind Lf, Lf cross over Rf

Tag: (1,4 and 7 wall)
[1-2&] Side, Sway,slide

1 2&	Rf to the right with Sway, drag Rf together Lf (2&)

Note: on the seventh wall we will repeat the tag twice

Restarts: (3 and 6 wall) count 16 on 3ª and count 8 on 6ª wall