

Omega Dance

拍数: 32 墙数: 2 级数: Intermediate Smooth NC
编舞者: Andrés de la Rubia Albertí (ES) - September 2021
音乐: The Courage of Love - Garth Brooks



Note: I recommend starting after the first verse 45 seconds

[1-7] Cross Basic back, Chainé 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 forward 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 forward 1/8 turn left
6&7 Lf forward, 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 forward, 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 forward, recover weight Rf, sweep Lf back

[24-32] Rock diagonal, recover, sweep, steps back, 1/2 turn right, Diamond 3/8 right, Chainé 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 forward, Lf forward, 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 3^a and count 8 on 6^a wall