

Mend

拍数: 48 墙数: 2 级数: Intermediate Viennese Waltz
编舞者: Ole Jacobson (DE) & Nina K. (DE) - June 2022
音乐: Mend - Morgan Wade



Musikload: <https://orcd.co/morganwade-reckless>

Note: Start with the singing

[1-6] cross, point, hold, cross, point, hold

- 1 Cross LF in front of RF
- 2-3 Touch RF to the right - Hold (turn the body back to 6:00 or 12:00 for each wall)
- 4 Cross RF in front of LF –
- 5-6 Touch LF to the left - Hold

[7-12] sailor step, cross, point, hold

- 1 Cross LF behind RF
- 2-3 RF small step to the right – LF small step to the left
- 4 Cross RF in front of LF
- 5-6 Touch LF to the left - Hold

[13-18] cross, point, hold sailor turn turn 1/2 R

- 1 Cross LF in front of RF
- 2-3 Touch RF to the right - Hold
- 4 ¼ turn R, RF step back
- 5-6 ¼ turn R, LF small step to the right - RF small step to the left

[19-24] step, sweep, cross, back, side

- 1 LF step forward
- 2-3 Swing RF forward in a small arc for 2 counts
- 4 Cross RF in front of LF
- 5-6 LF step back - RF step right

Restart in der 11.Wand (6:00)

[25-30] diagonal step, Hold L+R

- 1 1/8 turn R, LF step forward (7:00)
- 2-3 Hold 2 counts
- 4 RF step forward
- 5-6 Hold 2 counts

[31-36] shuffle back 1/2 turn L, step, hold

- 1 ¼ turn L, LF step left (4:00)
- 2-3 Place RF close to LF - ¼ turn L, LF step forward (1:00)
- 4 RF step forward
- 5-6 Hold 2 counts

Restart in der 2. & 7. Wand (7:00) & 13.Wand (1:00)

[37-42] step, 1/2 turn R with hitch, slow coaster step

- 1 LF step forward (7:00)
- 2-3 ½ R turnR on both for 2 counts while slightly raising your right knee
- 4-6 RF step back - LF step next to RF - RF step forward

[43-48] step, hold, tripprlturn L

- 1 LF step forward
- 2-3 Hold 2 counts
- 4-6 Full Rotation L in three steps (R-L-R) (Option: 3 steps forward R+L+R) (7:00)

..and from beginning
