## Are You Dancin? (2022)



拍数: 22 编数: Absolute Beginner

编舞者: Lorna Cairns (SCO) - July 2022

音乐: Save the Last Dance for Me - Ann Breen



This Dance Was Originally Choreographed For Mum In July 2012. My Mum Sadly Passed Away In December Of Last Year. I Am Rereleasing This Dance In Her Honour.

## Sec 1) Rumba Box, Hold

1-2 Step Right To Right Side. Close Left Be	eside Right
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3-4 Step Right Forward, Hold.

5-6 Step Left To Left Side, Close Right Beside Left.

7-8 Step Left Back, Hold.

## Sec 2) Side Rock Cross Hold x 2, Step Turn Step, Hip Sways.

1-2	Rock Right To Right Side,	Recover On Left.
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3-4 Cross Right Over Left, Hold

5-6 Rock Left To Left Side, Recover On Right,

7-8 Cross Left Over Right, Hold.

## Sec 3) Step Turn Step, Hip Sways

1-2 Step Forward On Right, Make 1/2 Pivot Turn Left,

3-4 Step Forward on Right, Hold

5-6 Sway Right, Sway Left

Last Update - 5 Aug 2022