

You Have My Word

拍数: 32 墙数: 2 级数: Intermediate
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音乐: My Word - Derran Day



Intro: 16 Counts, Start at approx 17 secs

SEC 1 Out Out, Ball Cross, Rock, Recover $\frac{5}{8}$ Hitch, Rock, $\frac{1}{2}$ Step, Step, $\frac{1}{2}$ Pivot, Step, $\frac{1}{2}$ Pivot

a1 Step right to right, step left to left
a2 Step right beside left, cross left over right
Arms a1) Place both arms up
 a2) Drop both arms down

Styling Drop body bending both knees

3-4 Rock right to right, recover weight onto left turn $\frac{5}{8}$ left hitching right (4:30)
5-6& Rock right forward, recover weight onto left, turn $\frac{1}{2}$ right step right forward (10:30)
7& Step left forward, pivot $\frac{1}{2}$ right transferring weight onto right (4:30)
8& Step left forward, pivot $\frac{1}{2}$ right transferring weight onto right (10:30)

SEC 2 Run, Rock, Recover Sweep, Back Sweep, Back, $1\frac{1}{8}$ Rolling Vine, Sway, Sway, $\frac{1}{4}$ Step, $\frac{5}{8}$ Turn Lift, Back, $\frac{1}{2}$ Step

a1-2 Step left forward, rock right forward, recover weight onto left sweeping right from front to back
&3 Step right back sweeping left from front to back, step left back
4&5 Turn $\frac{3}{8}$ right step right forward, turn $\frac{1}{2}$ right step left back, turn $\frac{1}{4}$ right step right to right
 swaying body right (12:00)
6& Sway body left, sway body right
7& Turn $\frac{1}{4}$ left step left forward, turn $\frac{5}{8}$ left lifting right back (1:30)
8& Turn $\frac{1}{4}$ left step right back, turn $\frac{1}{4}$ left step left forward (7:30)

Restart Here on Wall 3, Square up to 12:00 then restart

SEC 3 Step, Jump, Rock & Back, $\frac{5}{8}$ Weave, Arm Movements, $\frac{1}{4}$ Step Hitch $\frac{1}{2}$ Back, $\frac{3}{4}$ Step Sweep

1& Step right forward, jump on right lifting left back
2&3 Rock left forward, recover weight onto right, step left back
4&5 Step right back, turn $\frac{3}{8}$ left step left forward, turn $\frac{1}{4}$ left step right to right (12:00)
Arms 5) Raise both arms forward above shoulder height
6-7& Hold for 2 counts, Prep body $\frac{1}{4}$ right
Arms 6) Lower arms to shoulder height
 &a) Take right arm to left, left arm to right, crossing left arm in front right, uncross arms
 7) Take both arms to sides
8&1 Turn $\frac{1}{4}$ left step left forward hitch right, turn $\frac{1}{2}$ left step right back, turn $\frac{3}{4}$ left step left forward
 sweeping right from back to front (6:00)

SEC 4 Weave, Sweep, Behind, Side, Cross Rock & $\frac{1}{4}$ Step, $\frac{3}{4}$ Run Around

2&3 Cross right over left, step left to left, step right behind left sweeping left from front to back
4& Step left behind right, step right to right
5-6& Cross rock left over right, recover weight onto right, turn $\frac{1}{4}$ left step left forward (3:00)
7&8& Turn $\frac{1}{4}$ left step right forward, turn $\frac{1}{4}$ left step left forward, turn $\frac{1}{4}$ left step right forward, step
 left forward (6:00)