

Vulnerable

拍数: 32 墙数: 2 级数: Advanced
编舞者: Fiona Murray (IRE) & Roy Hadisubroto (IRE) - September 2022
音乐: Sapling - Foy Vance : (iTunes)



(Thank you Robert and Iris for suggesting the song)

Intro: 16 count intro from start of music. Start with weight on L foot

[1 – 8] Coaster Step, Pivot R in Relevé, ½ Turn R, Step Back & Sweep, Lock, Out Out, Lean L

- 1 - 2 & Step R backwards (1), Close L next to R (2), Step R forward (&) 12:00
3 - 4 Step forward on ball of L begin ½ Turn R (3), Finish ½ Turn R transferring weight onto R (4) 6:00
&5 - 6 ½ Turn R Step L backwards (&), Step R backwards and sweep L from front to back (5), Lock L behind R (6) 12:00
a7 - 8 Step on ball of R into R diagonal, Reach R arm forward (a), Step on ball of L to L, Reach L arm forward (7), Drop heels while leaning to L side, Pull both arms in (8) 12:00

[9 – 16] Side Lunge, Three Step Turn L, Jazz box, Drag, Telemark, ⅛ Turn L, Full Turn L, Cross

- 1 - 2 & 3 Transfer weight to R and bend R knee (1), ⅛ Turn L Step L forward (2), ½ Turn L Step R backwards (&), ½ Turn L Step L forward (3) 10:30
& 4 & Cross R over L (&), Step L diagonally backwards (4), Step R backwards (&), 10:30
5 - 6 Step L backwards while dragging R (5), Step R backwards and begin ½ Turn L while sweeping (as if from front to back), finish with L forward and weight on R (6) 4:30
7 & 8 & ⅛ Turn L Step L forward (7), ½ Turn L Step R backwards (&), ½ Turn L Step L forward (8), Cross R over L (&) 3:00

[17 – 24] Night Club Basic L, ¼ Turn R, ¾ Chase Turn, Side, Fall Away

- 1 - 2 & Step L to L side (1), Close R behind L (2), Cross L over R (&) 3:00
3 - 4 & ¼ Turn R Step R forward (3), Step L forward (4), ½ Turn R Step R forward (&) 12:00
5 - 6 & ¼ Turn R Step L to L side (5), ⅛ Turn R Step R backwards (6), Step L backwards (&) 4:30
7 - 8 & ⅛ Turn R Step R to R side (7), ⅛ Turn R Step L forward (8), Step R forward (&) 7:30

[25 – 32] Rock Forward in Relevé, Recover, Piqué, Rock Recover, Sweep, Lock, ½ Turn R Sweep, 3/8 Turn R Curve Walk, Together

- a1 - 2 Rock forward on ball of L, Reach R arm forward (a), Reach L arm forward (1), Recover on R, Bring both arms towards chest (2) 7:30
a3 - 4 & Step forward on ball of L, Bring both hands in front of face with both elbows down (a), Hitch R, Bring both elbows out to sides while hands touch the head (3), Rock R forward (4), Recover on L (&) 7:30
5 - 6 Step R backwards while sweeping L from front to back (5), Lock L behind R and sweep R ½ Turn R (6) 1:30
7 & 8 & ⅛ Turn R Step R forward (7), ⅛ Turn R Step L forward (&), ⅛ Turn R Step R forward (8), Close L next to R (&) 6:00

ENDING: Ending finish along with music first section counts 1 – 7 continue to raise both arms upwards as music fades out 6:00

START AGAIN AND HAVE FUNNNN
DARE TO BE UNIQUE