

Rely on Me

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - December 2022
音乐: Rely On Me - Sigala, Gabry Ponte & Alex Gaudino : (Spotify /Apple Music/
Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

[S1] Step-Pivot 1/2L, Shuffle Fwd, Box 1/4L Turn

1 2 Step forward on R, Make a ½ turn left recover weight on L (6:00)
3&4 Shuffle forward on R-L-R
5 6 Cross L over R, Make a ¼ turn left stepping back on R (3:00)
7 8 Step back on L, Step forward on R

[S2] Cross, Point, Cross-Samba, L Sailor Step, Touch-Unwind 1/2R w/ Kick

1 2 Cross L over R, Point R to the side
3&4 Cross R over L, Rock L to the side, Replace weight on R
5&6 Step L behind R, Step R to the side, Step L to the side
7 8 Touch back on R toe, Make a ½ turn right weight ends on L/ kick R diagonally forward (9:00)

[S3] R-L Sailor Step, Shuffle Back, Back Rock

1&2 Step R behind L, Step L to the side, Step R to the side
3&4 Step L behind R, Step R to the side, Step L to the side
5&6 Shuffle back on R-L-R
7 8 Rock back on L, Replace weight on L

[S4] Cross, Side, Behind, Side, Step-Pivot 1/4R, Cross, Hitch

1 2 Cross L over R, Step R to the side
3 4 Step L behind R, Step R to the side
5 6 Step forward on L, Make a ¼ turn right recover weight on R (12:00)
7 8 Cross L over R, Hitch R knee

[S5] Cross, Side, Behind, 1/4L, Step-Pivot 1/4L, Cross, Side

1 2 Cross R over L, Step L to the side
3 4 Step R behind L, Make a ¼ turn left stepping forward on L (9:00)
5 6 Step forward on R, Make a ¼ turn left recover weight on L (6:00)
7 8 Cross R over L, Step L to the side

[S6] Behind Rock, R Side Shuffle, Behind Rock, L Side Shuffle

1 2 Rock R behind L, Replace weight on L
3&4 Right side shuffle on R-L-R
5 6 Rock L behind R, Replace weight on R
7&8 Right side shuffle on L-R-L

[S7] Anchor Step, Cross, 1/4L, 1/4L, Cross, L Side Shuffle

1&2 Rock R behind L slightly lifting L, Replace weight on L, Step R behind L
3 4 Cross L over R, Make a ¼ turn left stepping back on R (3:00)
5 6 Make a ¼ turn left stepping L to the side (12:00), Cross R over L
7&8 Left side shuffle on L-R-L

[S8] Anchor Step, Cross, 1/4L, Back Rock, 1/2R Chase Turn-Fwd

1&2 Rock R behind L slightly lifting L, Replace weight on L, Step R behind L
3 4 Cross L over R, Make a ¼ turn left stepping back on R (9:00)

5 6 Rock back on L, Replace weight on R
7&8 Step forward on L, Make a ½ turn right recover weight on R (3:00), Step forward on L

No tags or restarts

Ending suggestion; The last wall starts facing 3:00. Dance up to Section 4 count7 (3:00), then Hitch R knee/ make a swift ¼ turn left on ball of L foot, Step forward on R (12:00)

(updated: 20/Dec/22)
