

Spooning

拍数: 36 墙数: 2 级数: High Intermediate
编舞者: Sandy Kerrigan (AUS) - February 2023
音乐: You Are so Beautiful - Joe Cocker : (Album: Joe Cocker's Greatest Hits - iTunes)



Dance Info: Dance starts -wt on L – 16 seconds in-just before the lyrics.
BPM [61:68] Track Length 2:38- Version 1:00- Joe Cocker

Fwd R, Step Fwd L - ¼ Turn with Hitch, Weave to L Side, Cross with Hitch, Cross, ¼ Step Back, Back, Back Rock Step 6:00

1 2 Walk Fwd R, Step Fwd L-Turning ¼ L Hitching R 9:00
3 & 4 & 5 Cross R over L, Step L to L, Step R behind L, Step L to L, Cross R over L-Hitching L
6 & 7 8 & Cross L over R, Turning ¼ L-Step Back on R, Step Back L, Rock Back R, Replace Fwd to L

Fwd Pivot ¼ L, Cross, L Side Scissor Step, ¼ L, ½ L, ¼ L Ball Cross Turn, R Side Scissor Step 3:00

1 2 & 3 4 & Step Fwd R, ¼ Pivot Turn L-wt on L, Cross R over L, Step L to L, Step R to L, Cross L over R
5 6 & 7 Turning ¼ L-Step Back on R, ½ L Step Fwd L, Turning ¼ L- Ball of R to R, Cross L over R
8 & 1 Step R to R, Step L next to R, Step R Fwd to Side L45°

Step Side, ½ Hinge R Fwd, ¼ Side, Back Rock Step, Step Side Drag, Behind, Side, 1/8thR Step Fwd L, Cross Step Side, Step Back-Facing Front R45°

2 & 3 Step L to L Side 3:00, ½ Hinge R-Step Fwd R to 9:00, ¼ R-Step L to L Side 12:00
4 & 5 Rock Back on R (Upper body to face R45°), Replace to L Side (12:00), Step R to R-Drag L to R
6 & 7 Step L behind R, Step R to R, Turn 1/8th R-Step Fwd L (facing R45°)
8 & 1 Cross R over L, Step L to L Side, Step Back R-facing front R45°

Step Back L, Step Side 3:00, 1/8th R-Step Fwd L, Fwd ½ Pivot Turn L, Step Fwd, Fwd ½ Pivot Turn R, 1/8th R Step Side, Step Together, Weave R Side with R Sweep Back 9:00

2 & 3 Step Back on L, 1/8th R Step R to R 3:00, 1/8th R- Step Fwd L to Back L45°
4 & 5 Step Fwd R, ½ Pivot Turn L-wt on L (**restart here wall 2-6:00), Step Fwd R
6 & 7 & Step Fwd L, ½ Pivot Turn R, Turning 1/8th R to 9:00-Step L to L Side, Step R next to L
8 & 1 Cross L over R, Step R to R, Step Back L-Sweeping R Back

Step Behind, ¼ Fwd, Right Fwd Back Syncopated Rock Chair 6:00

2 & Cross R Behind L, Turning ¼ L-Step Fwd L
3 & 4 & Rock Fwd R, Replace Back to L, Rock Back on R, Rock Fwd onto L

[36&]

Note: Wall 2: Restart at this marker**When restarting: Straighten up to 6:00 Wall.

Ending: Last wall faces 6:00 - Walk Fwd R, Step Fwd L- Turn ½ L-Hitching R-Step Fwd R - 12:00