

Realize

拍数: 64 墙数: 2 级数: High Beginner
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音乐: Realize - Nick Schilder



Intro: 16 counts (start on vocals)

Side, touch, R+L, side, close, shuffle fwd

1 – 2 RF step R side – LF touch next
3 – 4 LF step L side – RF touch next
5 – 6 RF step R side – LF close
7 & 8 RF step fwd – LF close – RF step fwd

Side, touch, L+R, side, close, shuffle back

1 – 2 LF step L side – RF touch next
3 – 4 RF step R side – LF touch next
5 – 6 LF step L side – RF close
7 & 8 LF step back – RF close – LF step back

Rolling vine, touch, R+L

1 RF step 1/4 R side
2 LF step 1/2 R fwd
3 RF step 1/4 R back
4 LF touch next
5 LF step 1/4 L side
6 RF step 1/2 L fwd
7 LF step 1/4 L back
8 RF touch next

Rock steps, step side, hitch, R+L

1 – 2 RF rock R side – recover on LF
3 – 4 RF step R side – LF hitch
5 – 6 LF rock L side – recover on RF
7 – 8 LF step L side – RF hitch

(Sway your hips)

Side, close, chassé R, 1/4 turn L: side, close, chassé L

1 – 2 RF step R side – LF close
3 & 4 RF step R side – LF close – RF step R side
5 – 6 1/4 L: LF step L side – RF close
7 & 8 LF step L side – RF close – LF step L side

1/4 turn L: side, close, chassé R, Vine L, touch

1 – 2 1/4 L: RF step R side – LF close
3 & 4 RF step R side – LF close – RF step R side
5 – 6 LF step L side – RF cross behind
7 – 8 LF step L side – RF touch next

Step fwd, point, R+L, Step back, point, R+L

1 – 2 RF step fwd – LF point L
3 – 4 LF step fwd – RF point R
5 – 6 RF step back – LF point L

7 – 8 LF step back, RF point R

Cross rock, tripple step R+L

1 – 2 RF rock cross over – recover on LF

3 & 4 RF step in place – LF step in place - RF step in place

5 – 6 LV rock cross over – recover on RF

7 & 8 LF step in place – RF step in place - LF step in place

Start over and enjoy!

Restart: in the 3rd wall after 32 counts
