

Your Movement

拍数: 32 墙数: 2 级数: Improver
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音乐: Every Breath You Take (feat. Sting) - Dolly Parton



The dance begins after 32 beats after 'you take'

S1: Rocking chair, step, pivot $\frac{1}{2}$ l 2x (rocking chair 2x)

- 1-2 Step forward with right - weight back on the LF
- 3-4 Step back with right - weight back on the LF
- 5-6 Step forward with right - $\frac{1}{2}$ turn left around on both balls, weight at the end left (6 o'clock)
- 7-8 Same as 5-6 (12 o'clock)

Restart: In the 8th round - direction 6 o'clock - stop here and start again from the beginning

S2: Rock forward & step, point, jazz box with touch

- 1-2 Step forward with the right - weight back on the LF
- &3-4 Pull/set RF to the left and step forward with left - tap right toe right
- 5-6 Swing RF forward in a circle and cross over left - small step backwards with left
- 7-8 Step right to right side - touch LF next to right

S3: Side, behind, chassé l turning $\frac{1}{4}$ l, step, pivot $\frac{1}{2}$ l, chassé r

- 1-2 Step left with left - cross RF behind left
- 3&4 Step left with left - pull/set the RF to the left, $\frac{1}{4}$ turn left around and step forward with left (9 o'clock)
- 5-6 Step forward with right - $\frac{1}{2}$ turn left around on both balls, weight at the end left (3 o'clock)
- 7&8 Step right with right - pull/set LF to the right and step right with right

S4: Rock back, chassé l turning $\frac{1}{8}$ r, $\frac{1}{8}$ turn r, touch forward, step, brush

- 1-2 Step back with left - weight back on the RF
- 3&4 Step left with left - pull/set RF to the left, $\frac{1}{8}$ turn right and step back with left (4:30)
- 5-6 $\frac{1}{8}$ Turn right and step back with right - touch LF in front of right (snap at shoulder height) (6 o'clock)
- 7-8 Step forward with left (wipe your hands backwards along your thighs) - swing your RF forward along your LF (6 o'clock) (wipe your hands forward along your thighs)

Repeat to the end

And don't forget to smile, because dancing is fun!

There is no guarantee for errors in the translation, content, spelling, etc.!

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