

Meditation

拍数: 72 墙数: 2 级数: Improver
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音乐: Black Beach (Tape Version) - Deru



#2 beats = 1 count. 8 count intro (start dance at :21 in music)

Begin dance with left foot closely crossing right, resting on the ball of each foot, with heel of each foot about 1/16" off the floor and arms crossing your body in a hug.

½ TURN RIGHT WHILE MAKING A LARGE CIRCLE WITH YOUR HANDS

1-8 As you slowly pivot on the balls of your feet ½ turn right, slowly raise your arms outward until the tips of your fingers almost touch above your head, forming an incomplete circle

CROSS L OVER R, COMPLETING THE LARGE CIRCLE WITH YOUR HANDS

As you slowly bring the tips of your fingers together over your head for counts 1-4:

1 Slowly lift your left heel up
2-3 Slowly drag your left toe diagonally in front of your right foot
4 Place left heel slowly on the floor

½ TURN RIGHT WHILE MAKING A LARGE CIRCLE WITH YOUR HANDS

5-8 As you slowly pivot on the balls of your feet 1/4 turn right, slowly raise your arms outwardly down to shoulder level
1-4 As you slowly pivot on the balls of your feet 1/4 turn right, slowly bring your hands palms up almost close together without touching as if you were going to form a cup in front of you

CROSS L OVER R, CUPPING YOUR HANDS TOGETHER IN FRONT OF YOU

As you slowly bring your hands together to form a cup in front of you for counts 5-8:

5 Slowly lift your left heel up
6-7 Slowly drag your left toe diagonally in front of your right foot
8 Place left heel slowly on the floor

½ TURN RIGHT WHILE RAISING YOUR CUPPED HANDS ABOVE YOUR HEAD

1-8 As you slowly pivot on the balls of your feet ½ turn right, slowly raise your cupped hands above your head

CROSS L OVER R, CUPPING YOUR HANDS TOGETHER IN FRONT OF YOU

As you slowly raise your cupped hands together as high as possible while looking up for counts 1-4:

1 Slowly lift your left heel up
2-3 Slowly drag your left toe diagonally in front of your right foot
4 Place left heel slowly on the floor

½ TURN RIGHT AS YOU LOWER YOUR ARMS ALMOST INTO A HUG

5-8 As you slowly pivot on the balls of your feet 1/4 turn right, slowly lower your arms inwardly level with your head as left hand reaches for your upper right arm and your right hand reaches for your upper left arm
1-4 As you slowly pivot on the balls of your feet 1/4 turn right, slowly lower your arms inwardly level with your shoulders as left hand reaches for your upper right arm and your right hand reaches for your upper left arm

CROSS L OVER R, COMPLETING THE HUG

As you slowly grasp your upper arms in a gentle hug with your arms resting on your chest for counts 5-8:

5 Slowly lift your left heel up
6-7 Slowly drag your left toe diagonally in front of your right foot

8 Place left heel slowly on the floor

½ TURN RIGHT WHILE HUGGING YOURSELF

1-8 Hug yourself as you slowly pivot on the balls of your feet ½ turn right

CROSS L OVER R WHILE HUGGING YOURSELF

As you hug yourself for counts 1-4:

1 Slowly lift your left heel up

2-3 Slowly drag your left toe diagonally in front of your right foot

4 Place left heel slowly on the floor

½ TURN RIGHT WHILE HUGGING YOURSELF

5-8 Hug yourself as you slowly pivot on the balls of your feet ¼ turn right

1-4 Hug yourself as you slowly pivot on the balls of your feet ¼ turn right

CROSS L OVER R WHILE HUGGING YOURSELF

As you hug yourself for counts 5-8:

5 Slowly lift your left heel up

6-7 Slowly drag your left toe diagonally in front of your right foot

8 Place left heel slowly on the floor.

***Do not attempt this dance using slip resistant footwear or on a slip resistant surface or if you have lower body pain or balance issues. Modify dance with baby steps instead of a pivot turn or just use arm movements while seated. Feet will slowly drift apart during dance; that is normal. Your weight will naturally shift as you turn to help you maintain your balance.**

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