My Jesus

拍数: 32

级数: Beginner

编舞者: Mary Pentangelo (USA) - March 2025

音乐: My Jesus - Anne Wilson

Start on the word "past" when the lyrics begin with "Are you past...")

[1-8] RF Diagonal Lock Step, LF Diagonal Lock Step

- 1-4 RF step fwd, LF lock behind RF, RF step fwd, LF brush
- 5-8 LF step fwd, RF lock behind RF, LF step fwd, RF brush

[9-16] RF Rock Recover, 2-Step Full Turn, RF Pony, LF Pony

- 1-2 RF rock fwd recover on LF (prep)
- 3-4 RF half turn over R shoulder, LF half turn over R should (facing back to front)
- 5&6 RF step slightly back, LF stays slightly fwd step with a quick switch to RF
- 7&8 LF step slightly back, RF stays slightly fwd step with a quick switch to LF

[17-24] RF Step Side Together, RF Step-Together-Step, LF Mambo Fwd & Back, RF Mambo Back & Fwd

- 1-2 RF step side, LF step next to RF
- 3&4 RF step side, LF step next to RF, RF step side
- 5&6 LF rock fwd, quick recover on RF, LF step back
- 7&8 RF rock back, quick recover on LF, RF step fwd

[25-32] LF Step Side Together, LF step-Together-Step, RF Rocking Chair, RF Heel Dig 1/4 Turn Over L

- 1-2 LF step side, RF step next to LF
- 3&4 LF step side, RF step next to LF, LF step side
- 5&6& RF rock fwd, recover left, RF rock back, recover left
- 7-8 LF heel dig, 1/4 turn over left shoulder on heel

Restart: Wall 6 after 16 counts, add tag and then restart

Tag: 4 cts - RF step touch, LF step touch with hands up and slightly wave side to side with steps

- Tag 1 end of Wall 1
- Tag 2 end of Wall 2
- Tag 3 double tag (do it twice) end of Wall 5
- Tag 4 with restart on Wall 6
- Tag 5 end of Wall 6

Thank you for checking out my dance! www.heartandsoullinedance.com





墙数:4