

# The Dance

拍数: 32      墙数: 4      级数: Low Intermediate  
编舞者: Darren Bailey (UK) - March 2025  
音乐: The Dance (Apple Music Sessions) - Koe Wetzel : (Apple Music Sessions)



**Intro: 20 Counts, Start on the word 'Back', roughly 20 seconds**

**Restart: Wall 3 after 8 counts (with step change)**

**Rock back, Recover, 3/4 turn L, Cross, Side, Back rock, Recover, 1/2 turn L, L NC Basic**

- 1-2&3      Step back on RF and look over R shoulder, Recover onto LF, Make a 1/2 turn L, Make a 1/4 turn L and step LF to L side  
4&5      Cross RF over LF, Step LF to L side, Rock back on RF  
6&7      Recover onto LF, Make a 1/4 turn L and step back on RF, Make a 1/4 turn L and take a big step to L with LF  
8&      Close RF next to LF, Cross LF over RF

**Restart\*\*\*Wall number 3 Restart the dance after the first 8 counts.**

**You will need to Touch RF next to L on count 8 ready to step back to start the dance again**

**\*\*\*you will be facing 3:00 when you restart the dance.**

**Sway x3, 3/4 L Run around with walks**

- 1-2-3      Step RF out to R side and sway to R, Sway L, Sway R  
4&5      Step LF across body towards 10:30, Step forward of RF towards 9:00, Step forward on LF towards 7:30  
6-7      Step forward on RF towards 6:00, step forward on LF towards 4:30  
8&      Step forward on RF towards 3:00, make a 1/4 turn L and Cross LF over RF

**R NC Basic, 1 1/2 turn R with Arabesque, Cross rock with lower, Sweep, Sailor step**

- 1-2&3      Take a big step to R with RF, Close LF next to RF, Cross RF over LF, Make a 1/4 turn R and step back on LF  
4&5      Make a 1/2 turn R and step forward on to RF, Make a 1/2 turn R and step back on LF, Make a 1/4 turn R and step RF to R side (extending Left Leg out to Left side, slightly of the floor)  
6-7      Cross Rock LF over RF and lower slightly through both knees, Straighten legs and recover onto RF sweeping LF from front to back.  
8&      Cross LF behind RF, Step RF to R side

**Finish sailor step, 1/4 diamond turning R, Chase 1/2 turn L, Rock, Recover, Run back**

- 1-2&3      Make a 1/8 turn L and step forward on LF, Cross RF over LF, Make a 1/8 turn R and step LF to L side, Make a 1/8 turn L and Step back on RF  
4&5      Make a 1/8 turn R and Cross LF behind RF, Step RF to R side, Step forward on LF  
6&7&      Step forward on RF, Make a 1/2 turn L, Rock forward on RF, Recover onto LF  
8&      Step back on RF, Step back on LF

**You can dance right through the instrumental section at the end.**