

拍数: 48 墙数: 2 级数: waltz

编舞者: Simon Ward (AUS) 音乐: Misery - P!nk



1-3 Step count 3 or	Turn a full turn right stepping right-left-right traveling right ut to right to push off
4-5 &6	Transfer weight onto left pivot/turn 1 ¼ turns left on ball of left foot swinging right around Step right slightly to right, take weight onto left (very soft - it's there to keep balance)
αυ	Step right slightly to right, take weight onto left (very soft - it's there to keep balance)
1-3	Rock/step right forward, rock/step left back turning ½ turn right, step right forward when completed turn
&4-6	Step left slightly forward, pivot ¼ turn right taking weight onto right, cross/step left over right, step right to right turning ¼ turn left
1-3	Step left back & hook right under left knee, step right forward and slightly at right diagonal, step left to left side & slightly forward
4-6	Turn a full turn right stepping right-left-right
1-3	Cross/rock left over right, rock/step right back facing right diagonal, step left back on diagonal dragging right heel
&4-6	Step right slightly back, turning ½ turn left slightly stepping left forward, step right forward, pivot ½ turn left weight on left
Should finish facing same corner as count 1 (cross/rock left over right) though you are on the back wall	
1-3	Cross/rock right over left, rock/step left back, step right to right side (facing back wall)
4-6	Cross/rock left over right, rock/step right slightly back turning ¼ right, complete ¼ turn right stepping left slightly back
1-3	Touch ball of right back, pivot ½ turn right taking weight onto left, step right back **
4-6	
	Touch ball of left back, take weight onto left rolling left shoulder back, rock/step right slightly forward bringing shoulder forward
Option: look ov	Touch ball of left back, take weight onto left rolling left shoulder back, rock/step right slightly forward bringing shoulder forward rer left shoulder slightly on count 5
Option: look ov	forward bringing shoulder forward
•	forward bringing shoulder forward ver left shoulder slightly on count 5
1-3	forward bringing shoulder forward ver left shoulder slightly on count 5 Step left forward, pivot ¼ turn right taking weight onto right, cross/step left over right
1-3 4-6	forward bringing shoulder forward ver left shoulder slightly on count 5 Step left forward, pivot ¼ turn right taking weight onto right, cross/step left over right Step right to right side and sway hips right-left-right

REPEAT

RESTART

On wall 6 you will dance up to count 33. Then do this:

Touch left ball back, turn ¼ turn left rolling left shoulder around, take weight onto left Restart (should be facing back wall)

VARIATION

On wall 4 you can replace counts 19-24 with:

Step left at 45 degrees right, step right beside left, step left back on diagonal dragging right heel, continue drag
 Step right slightly back, turning ½ turn left slightly stepping left forward, step right forward,

pivot ½ turn left weight on left

Counts &4-6 are the same as the dance - you are only changing counts 1-3