

My Vision

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Val Benton (UK)
音乐: My Vision (feat. Seal) - Jakkata



Start dance 24 counts after heavy beat comes in.

STEP FORWARD, LOCK, STEP LOCK STEP, FORWARD ROCK RECOVER, SHUFFLE $\frac{3}{4}$ TURN LEFT

1-2 Step forward on right, lock left behind right
3&4 Step forward on right, lock left behind right, step forward on right
5-6 Rock forward on left, recover weight back onto right
7&8 Shuffle $\frac{3}{4}$ turn left stepping left, right, left

SIDE, BEHIND, CHASSE $\frac{1}{4}$ RIGHT, STEP $\frac{1}{2}$ TURN PIVOT, LEFT SHUFFLE

9-10 Step right to right side, step left behind right
11&12 Step right to right side, close left beside right, step right $\frac{1}{4}$ turn right
13-14 Step forward on left, pivot $\frac{1}{2}$ turn right
15&16 Step forward on left, step right beside left, step forward on left

FULL TURN LEFT, STEP LOCK STEP, FORWARD ROCK RECOVER, BACK LOCK STEP

17-18 Make $\frac{1}{2}$ turn left stepping back on right, make $\frac{1}{2}$ turn left stepping forward on left
19&20 Step forward on right, lock left behind right, step forward on right
21-22 Rock forward on left, recover weight back onto right
23&24 Step back on left, cross right over left, step back on left

SWEEP, TOUCH, SIDE ROCK CROSS, LEFT SIDE ROCK, LEFT CROSS SHUFFLE

25-26 Sweep right around turning $\frac{1}{2}$ turn right, touch right beside left
27&28 Rock right to right side, recover weight onto left, cross right over left
29-30 Rock left to left side, recover weight onto right
31&32 Cross step left over right, step right to right side, cross step left over right

MONTEREY $\frac{1}{2}$ TURN, LEFT SIDE MAMBO, CROSS, BACK, $\frac{1}{4}$ TURN CHASSE

33-34 Point right to right side, make $\frac{1}{2}$ turn to right on ball of left stepping right next to left
35&36 Rock left to left side, recover weight onto right in place, step left beside right
37-38 Cross right over left, step back on left
39&40 Turn $\frac{1}{4}$ right step right to right side, close left beside right, step right to right side

STEP $\frac{1}{2}$ PIVOT, SHUFFLE $\frac{1}{2}$ TURN, BACK ROCK RECOVER, KICK BALL STEP

41-42 Step forward on left, pivot $\frac{1}{2}$ turn right
43&44 Shuffle $\frac{1}{2}$ turn right stepping left, right, left
45-46 Rock back on right, recover weight forward onto left
47&48 Kick right forward, step right in place, step forward on left

REPEAT