

# On The Mend

拍数: 64                      墙数: 2                      级数: Beginner  
编舞者: Judy McDonald (CAN)  
音乐: Heartache Bar - Violet Ray



## STEP HOLD, STEP HOLD, STEP HOLD, STEP HOLD

1-2                      Step right forward, hold  
3-4                      Step left forward, hold  
5-6                      Step right forward, hold  
7-8                      Step left forward, hold

You can either click your fingers or clap your hands on the hold counts

## 8 STEP VINE RIGHT

9-10                     Step the right foot out to the right side, cross the left foot behind  
11-12                    Step the right foot out to the right side, cross the left foot in front  
13-14                    Step the right foot out to the right side, cross the left foot behind  
15-16                    Step the right foot out to the right side, touch the left toe next to right

## STEP HOLD, STEP HOLD, STEP HOLD, STEP HOLD

17-18                    Step left forward, hold  
19-20                    Step right forward, hold  
21-22                    Step left forward, hold  
23-24                    Step right forward, hold

You can either click your fingers or clap your hands on the hold counts

## 8 STEP VINE LEFT

25-26                    Step the left foot out to the left side, cross the right foot behind  
27-28                    Step the left foot out to the left side, cross the right foot in front  
29-30                    Step the left foot out to the left side, cross the right foot behind  
31-32                    Step the left foot out to the left side, touch the right toe next to the left

## ROCK STEPS FORWARD AND BACK, HIP BUMPS, TOUCH LEFT, HOLD

33-34                    Rock forward on to the right foot, rock step in place on the left foot  
35-36                    Rock back on to the right foot, rock step in place on the left foot  
37-38                    Step diagonally forward on to the right foot, bump hips to the right, twice  
39-40                    Touch the left toe beside the right, hold

You can either click your fingers or clap your hands on the hold count

## ROCK STEPS FORWARD AND BACK, HIP BUMPS, TOUCH RIGHT HOLD

41-42                    Rock forward on to the left foot, rock step in place on the right foot  
42-44                    Rock back on to the left foot, rock step in place on the right foot  
45-46                    Step diagonally forward on to the left foot, bump hips to the left, twice  
47-48                    Touch the right toe beside the left and hold

You can either click your fingers or clap on the hold count

## FOUR JAZZ BOXES WITH BRUSH TO COMPLETE A ½ TURN TO THE RIGHT

49-52                    Cross the right foot over the left, step back on the left foot, step the right foot out to the right side, brush the left foot forward  
53-56                    Cross the left foot over the right, step back on to the right, step the left foot out to the left side, brush the right foot forward  
57-60                    Repeat counts 49-52  
61-64                    Repeat counts 53-56, make a ½ turn to the right while doing these four jazz boxes

REPEAT

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