

The Phoenix

拍数: 32 墙数: 4 级数: Improver
编舞者: William Sevone (UK)
音乐: My Heart Will Never Break This Way Again - Patty Loveless



CROSS STEP, SIDE TOUCH, HOLD, ¼ RIGHT-ROCK FORWARD, ROCK BACKWARD ¼ LEFT, ROCK FORWARD, CROSS STEP, SIDE STEP

- 1-2 Cross step left foot behind right, touch right toe to right side
3 Hold
4 Turn ¼ left & rock forward onto right foot
5 Rock onto left foot & turn ¼ left
6 Rock forward onto right foot
7-8 Cross step left foot behind right, step right foot to right side

Style note

- 2-3 Put arms across chest, hands on shoulders - loose hug

¼ RIGHT-STEP FORWARD, TOE TOUCH, HOLD, 1 & ½ TURNS RIGHT, ROCK FORWARD-BACKWARD

- 9-10 Turn ¼ right & step forward onto left foot, step/touch right toe forward
11 Hold
12 Turn ½ right & step forward onto right foot
13 Turn ½ right & step backward onto left foot
14 Turn ½ right & step forward onto right foot
15-16 Rock forward onto left foot, rock back onto right foot

Style note

- 10-11 Right arm across waist, left arm across back

¼ Left-step lock, step forward, side rocks, cross step-¼ left, ½ left-step BACKWARD, STEP BACKWARD

- 17-18 Turn ¼ left & step forward onto left foot, lock right foot behind left
19 Step forward onto left foot
20 Rock right foot to right side
21 Rock onto left foot
22 Cross step right foot over left & turn ¼ left
23-24 Turn ½ left & step backward onto left foot, step (long) backwards onto right foot (left toe raised)

Style note

- 24 Both arms sweeping backwards, upper body slightly forward

PLACE, STEP FORWARD, HOLD, BEND, ½ LEFT-'KICK', STEP BACKWARD, STEP, SIDE TOUCH

- 25-26 (Straightening up) place left toe to floor, step forward onto right foot (left heel raised)
27 Hold
28 Bend both knees and arms slightly forward
29 (Straightening up) turn ½ left (on right foot) and kick left foot off floor
30 Step backwards onto left foot
31-32 Step right foot next to left, touch left toe to left side

Style note

- 26-27 Both arms bent at elbows point slightly upwards
29 Both arms forward
30 Sweeping both arms backwards

REPEAT

DANCE FINISH

After count 16 of the 8th wall

- 1-2 Step (long) backwards onto left foot over 2 counts (left heel raised)
 - 3-4 (Dropping left heel) pivot $\frac{1}{2}$ left over 2 counts (right heel raised)
 - 5-6 Step right foot next to left, right hand to hat brim
 - 7-10 Hold
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