

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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