

Tenderness

拍数: 32 墙数: 4 级数: Intermediate nightclub
编舞者: Phil Johnson (UK)
音乐: This Is to Mother You - Sinéad O'Connor



FORWARD RIGHT LOCK STEP; STEP FORWARD ½ RIGHT PIVOT, STEP, FULL SHUFFLE TURN LEFT; LEFT SHUFFLE

1&2 Step forward on right, step (lock) left behind right, step forward on right
3&4 Step forward left; pivot ½ turn right, step forward left
5&6 Full shuffle turn left stepping right left right (moving forward)
7&8 Step left forward, step right beside left, step forward on left

STEP FORWARD, PIVOT ¼ TURN LEFT, CROSS RIGHT OVER LEFT; ¼ TURN RIGHT TWICE, CROSS LEFT; ROCK AND CROSS TWICE

9&10 Step right forward, pivot ¼ turn left (weight on left), cross step right over left
11&12 ¼ turn right stepping back on left; ¼ turn right stepping right to right side, cross left over right
13&14 Rock on right to right side, recover weight on left, cross step right over left
15&16 Rock on left to left side, recover weight on right, cross step left over right

ROCK RIGHT FORWARD HALF TURN RIGHT; STEP LEFT FORWARD, ½ RIGHT PIVOT, STEP FORWARD LEFT; ROCK RIGHT FORWARD ¼ TURN RIGHT; LEFT MAMBO FORWARD

17&18 Rock forward on right, recover weight on left starting to half turn right, complete half turn right stepping forward on right
19&20 Step forward on left, pivot ½ turn right, step left forward
21&22 Rock forward on right, recover weight on left turning ¼ turn right, complete ¼ turn right stepping forward (slightly to right) on right
23&24 Rock forward on left, recover weight on right, step slightly back on left

RIGHT SHUFFLE BACKWARDS; LEFT MAMBO BACKWARDS; ROCK FORWARD ¼ TURN RIGHT, CROSS LEFT OVER RIGHT, ¼ TURN LEFT TWICE

25&26 Step back on right, step on left beside right, step back on right
27&28 Rock back on left, recover weight on right, step slightly forward on left
29&30 Rock forward on right, recover weight on left starting to turn ¼ right, complete ¼ turn right stepping right to right side
31&32 Cross step left over right, ¼ turn left stepping back on right, ¼ turn left stepping left to left side

REPEAT

ENDING

At end of dance (to Sinéad O'Connor music) music ends facing the front after steps 15&16, for the last beat of the music step right to right side splay hands out as music fades for a nice calm tranquil finish
