

The Voice Within

拍数: 0 墙数: 0 级数:
编舞者: CeeJay (UK)
音乐: The Voice Within - Christina Aguilera



Sequence: ABC, ABCC, A (till music stops) continue with BC, A. Begin the dance after the first 8 counts, just before "Young girl"

PART A

Always starts at 12:00 wall

½ RUMBA BOX, STEP CROSS STEP, SAILOR ¼ TURN LEFT, 2 FULL TURNS (OR SINGLE TURN, STEP, STEP)

1&2 Step left to left, step right next to left, step left forward
3&4 Step right to right, cross left over right, step right to right
5&6 Sailor step making ¼ turn left, (left, right, left)
7&8&2 Full left turns stepping right, left, right, left (or single full turn stepping right, left plus two steps forward right, left)

ROCK FORWARD, RECOVER, BACK LOCK STEP, ROCK BACK, RECOVER, WEAVE

1-2 Rock forward onto right, recover back onto left
3&4 Step right back, cross left over right, step right back
5-6 Rock back onto left, rock forward onto right
7&8& Step left to left, step right behind left, step left to left, cross right over left

1-16 Repeat the above once

ROCK RECOVER ¼ TURN, TRIPLE ½ TURN RIGHT, POINT STEP, POINT STEP

1-2 Rock left to left, recover onto right making ¼ turn right
3&4 Triple ½ turn right stepping left, right, left
3&4 can also be: 1 ½ turn right stepping left, right, left
5-6 Point right diagonally forward (2:00), step forward onto right
7-8 Point left diagonally forward (10:00), step forward onto left

POINT TOUCH, UNWIND ¾, STEP HIP BUMPS TWICE

1-2 Point right diagonally forward (2:00), touch right over left
3-4 Unwind ¾ turn left (weight ends on left - front foot and end of unwind)
5&6 Step right forward with hip bumps right, left, right
7&8 Step left forward with hip bumps left, right, left

Repeat above 16 counts in mirror image as follows:

ROCK RECOVER ¼ TURN, TRIPLE ½ TURN LEFT, POINT STEP, POINT STEP

1-2 Rock right to right, recover onto left making ¼ turn left
3&4 Triple ½ turn left stepping right, left, right
3&4 can also be: 1 ½ turn left stepping right, left, right
5-6 Point left diagonally forward (10:00), step forward onto left
7-8 Point right diagonally forward (2:00), step forward onto right

POINT TOUCH, UNWIND ¾, STEP HIP BUMPS TWICE

1-2 Point left diagonally forward (10:00), touch left over right
3-4 (Slow-bending knees) unwind ¾ turn right (weight ends on right - front foot at end of unwind)
5&6 Step left forward with hip bumps left, right, left
7&8 Step right forward with hip bumps right, left, right

PART B

Always starts at 3:00 wall

STEP, MONTEREY, SWEEP LEFT, RIGHT, COASTER STEP

- 1-2 Step left forward with $\frac{1}{4}$ turn left, point right to right side
- 3-4 Full Monterey turn (to the right), point left to left side
- 5-6 Sweep left behind right, sweep right behind left (moving backwards)
- 7&8 Left coaster step (left, right, left)

STEP $\frac{1}{4}$ TURN SWIVELING RIGHT AND LEFT, CHASSES RIGHT AND LEFT WITH BUMPS

- 1-2 Step right forward making $\frac{1}{4}$ turn left, (bending knees) swiveling heels and whole body to right (body facing 10:00),
- 3-4 (Bending knees) swivel heels and whole body to left (body facing 2:00) hold
- 5&6 (Facing front) step right to right, step left next to right, step right to right bumping hips right, left right
- 7&8& Step left to left, step right next to left, step left to left, step right next to left bumping hips left right left right

STEP, MONTEREY, SWEEP LEFT, RIGHT, COASTER STEP

- 1-2 Step left forward with $\frac{1}{4}$ turn left, point right to right side
- 3-4 Full Monterey turn (to the right), point left to left side
- 5-6 Sweep left behind right, sweep right behind left (moving backwards)
- 7&8 Left coaster step (left, right, left)

CROSS, $\frac{1}{2}$ TURN RIGHT, STEP, SWAY SWAY, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{1}{2}$, TURNS LEFT, ROCK AND CROSS BEHIND

- 1&2 Cross right over left, make $\frac{1}{2}$ turn right stepping back onto left, step right to right
- 3-4 Sway onto left, sway onto right
- 5&6 Step left forward with $\frac{1}{4}$ left turn, step right back with $\frac{1}{2}$ left turn, step left forward with $\frac{1}{2}$ left turn
- 7&8 Rock right to right, step left close to right, cross right behind left

PART C

Always starts at 12:00 wall

ROCK BACK RECOVER SIDE, FORWARD $\frac{1}{2}$ TURN RIGHT, STEP BACK - REPEAT

- 1&2 Swing and rock left behind right, recover onto right, left large step to left
- 3&4 Step right forward, turn $\frac{1}{2}$ right stepping back onto left, step back onto right
- 5-8 Repeat 1-4

END

The final A is danced to the end of the second set of 8 (7&8& step left to left, step right behind left, step left to left, cross right over left) then unwind $\frac{3}{4}$ turn left to face the front (optional)
