

The Hardest Word

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Michael Vera-Lobos (AUS)
音乐: Sorry Seems to Be the Hardest Word - Blue



STEP SIDE/Drag, CROSS ROCK/REPLACE, STEP SIDE (DRAG), CROSS, ¼, ¼ (DRAG), CROSS ROCK/REPLACE, ¼, ½ & ¼ DRAG

- 1 Step left to left side dragging right toe towards left
- 2&3 Cross rock right over left & rock back on left, step right to right side dragging left toe towards right
- 4&5 Cross left over right, step right to right turning ¼ turn left, step left to left turning ¼ turn left dragging right to left
- 6-7 Cross rock right over left, rock back on left
- 8&1 Turning ¼ turn right step right to right & turning a further ½ turn right step onto left, turning a further ¼ turn right step right to right side dragging left toe towards right

CROSS ROCK & REPLACE, ¼ STEP, FULL TRIPLE TURN FORWARD, ROCK FORWARD (DRAG), ROCK BACK (DRAG), COASTER STEP

- 2&3 Cross rock left over right & rock back on right, turn ¼ turn left on left
- 4&5 Traveling forward turn full turn left stepping right, left, right
- 6-7 Rock forward left dragging right slightly towards left, rock back right dragging left towards right
- 8&1 Step back left & step right beside left, step forward on left

STEP FORWARD ¼ CROSS, SIDE BEHIND ¼, ROCK FORWARD (DRAG), ROCK BACK (DRAG), TURNING BACK ½, ½, STEP BACK

- 2&3 Step forward right & pivot ¼ turn left, cross right over left dragging left toe towards right
- 4&5 Traveling left - step left to left & step right behind left, turning ¼ turn left step left to left
- 6-7 Rock forward right dragging left slightly towards right, rock back on left dragging right towards left
- 8&1 Traveling back - turning ½ turn right step onto right & turning a further ½ turn right step onto left, step back on right

COASTER BACK, SWEEP FORWARD, SWEEP FORWARD, SYNCOPATED PIVOT (STEP FORWARD, ¼, ¼ SIDE) SAILOR ¼ LEFT

- 2&3 Step back left & step right beside left, step forward on left
- 4-5 Traveling forward sweep right over left, sweep left over right (end weight left)
- 6&7 Step forward right & pivot ½ turn left, turning a further ¼ turn left step right to right side dragging towards right
- 8&1 Cross left behind right & turning ¼ turn left step onto right, step left to left side dragging right towards left

REPEAT

When the song slows at the end carry on as normal. Written as a thank you to the Bilby family - Texas Star & especially Paula who proves that grace is not a state of mind on the dance floor