

Dance For Hope

拍数: 32 墙数: 0 级数:
编舞者: Craig Cooke (UK)
音乐: I Hope You Dance - Ronan Keating



RIGHT ROCK RECOVER ½ TURN RIGHT, STEP ½ PIVOT & STEP ROCK & RECOVER

1&2 Rock forward onto right foot, recover onto left turn ½ turn right stepping right foot forward
3&4 Step left foot forward pivot ½ turn right, & step left foot forward
5&6 Rock right to right side, recover onto left, cross right foot over left
7&8 Rock forward onto left, recover onto right, step back onto left

RIGHT BACK LOCK STEP, LEFT COASTER STEP, RIGHT SHUFFLE FORWARD, STEP PIVOT ¼ TURN RIGHT CROSS LEFT OVER RIGHT

1&2 Step back onto right foot, cross left in front of right, step back onto right
3&4 Step back onto left, step right next to left, step left foot forward
5&6 Step right foot forward, step left next to right, step right foot forward
7&8 Step left foot forward pivot ¼ turn right, step left over right

Restart here on wall 3

RIGHT CHASSE TO THE SIDE, LEFT BACK ROCK & STEP WEAVE BEHIND SIDE IN FRONT, SWAY LEFT & RIGHT

1&2 Step right to right side, step left next to right, step right to right side
3&4 Rock back onto left recover onto right, step left to left side
5&6 Step right behind left, step left to left side, cross right over left
7-8 Sway hips left & right

LEFT SAILOR, RIGHT SAILOR, CROSS UNWIND, RIGHT ROCK AND RECOVER

1&2 Step left behind right, step right to right side, step left to left side
3&4 Step right behind left, step left to left side, step right to right side
5-6 Cross left behind right, unwind a full turn over left shoulder
7-8 Rock right out to right side, recover onto left

REPEAT

RESTART

Restart on wall 3 after count 16