

Commitment (P)

拍数: 48 墙数: 0 级数: Partner
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音乐: Commitment - LeAnn Rimes



Position: Open Sweetheart Position, facing LOD

MAN AND LADY

WALK FORWARD LEFT, RIGHT, LEFT, TOUCH RIGHT NEXT TO LEFT

- 1 Step forward on the left foot
- 2 Step forward on the right foot
- 3 Step forward on the left foot
- 4 Touch the right foot next to the left foot

STEP BACK RIGHT, STEP BACK LEFT, ¼ TURN RIGHT ON RIGHT, TOUCH LEFT NEXT TO RIGHT

- 5 Step back on the right foot
 - 6 Step back on the left foot
- During the turn, move the arms so that hands are joined at shoulder height of the lady
- 7 Step back on the right foot, turning ¼ turn to the right
 - 8 Touch the left foot next to the right foot

Partners are now facing the outside of the circle in the tandem position (the man behind the lady)

Option for steps 9-20: keep hands joined at shoulder height of the lady

BUMP HIPS LEFT, LEFT, RIGHT, RIGHT

While bumping the hips left, move the joined left arms to be around the lady's left waist

- 9-10 Stepping slightly to the left on the left foot bump the hips to the left and then to the left again
- While bumping the hips right, move the joined right arms to be around the lady's right waist
- 11-12 Bump the hips to the right and then to the right again

BUMP HIPS LEFT, RIGHT, LEFT, RIGHT

Keep arms around the lady's waist

- 13-14 Bump the hips to the left and then to the right
- 15-16 Bump the hips to the left and then to the right

Place weight on the right foot

STEP LEFT ON LEFT, SLIDE RIGHT NEXT TO LEFT, STEP LEFT ON LEFT, SLIDE RIGHT NEXT TO LEFT

Keep arms around the lady's waist

- 17 Step to the left on the left foot
- 18 Slide the right foot next to the left foot, putting weight on it
- 19 Step to the left on the left foot
- 20 Slide the right foot next to the left foot, putting weight on it

MAN: STEP LEFT ON LEFT, SLIDE RIGHT NEXT TO LEFT, ¼ TURN LEFT ON LEFT, TOUCH RIGHT NEXT TO LEFT

LADY: LEFT-RIGHT-LEFT 1-¼ TURN LEFT ALONG THE LOD, TOUCH RIGHT NEXT TO LEFT

Release left hands. The lady passes under the right arms during her turn

- 21-22 **MAN:** Step to the left on the left foot and slide the right foot next to the left foot
LADY: Stepping around on the left foot then the right foot start the 1-¼ turn left along the LOD
- 23 **MAN:** Step to the left on the left foot, turning ¼ turn left
LADY: Complete the turn, stepping around on the left foot
- 24 **MAN:** Touch the right foot next to the left foot
LADY: Touch the right foot next to the left foot

Rejoin left hands, moving the arms to the open sweetheart position, partners facing LOD

MAN: VINE RIGHT IN FRONT OF LADY, TOUCH LEFT NEXT TO RIGHT

LADY: WALK BEHIND MAN TO INSIDE OF CIRCLE, TOUCH LEFT NEXT TO RIGHT

The lady passes behind the man moving toward the inside of the circle, passing under the right arms. She stays facing the LOD. Release left hands. The man exchanges his right hand for his left behind his back

25 **MAN:** Step forward and to the right on the right foot

LADY: Step back on the right foot

26 **MAN:** Cross the left foot in back of the right foot

LADY: Step to the left on the left foot

27 **MAN:** Step back and to the right on the right foot

LADY: Step forward on the right foot

28 **MAN:** Touch the left foot next to the right foot

LADY: Touch the left foot next to the right foot

Partners are now in the left open promenade position, facing the LOD (the man's left and lady's right hands joined at chest height, the man on the outside of the circle)

MAN: STEP SLIGHTLY FORWARD LEFT-RIGHT-LEFT, TOUCH RIGHT NEXT TO LEFT

LADY: LEFT-RIGHT-LEFT ½ TURN LEFT ALONG THE LOD, TOUCH RIGHT NEXT TO LEFT

The lady passes under the man's left and lady's right arms during her turn, moving in front of and slightly to the right of the man

29-31 **MAN:** Step slightly forward on the left foot, right foot and left foot

LADY: Stepping left-right-left along the LOD, turn ½ turn to the left

32 **MAN:** Touch the right foot next to the left foot

LADY: Touch the right foot next to the left foot

Move the arms to the right parallel position, the man facing the LOD, the lady RLOD. The right parallel position is the same as closed except the lady is to the right of the man

½ TO THE RIGHT WAGON WHEEL IN TWO SHUFFLES (RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT)

Do not exceed ½ turn. It will be too difficult to get into the wrap position

33&34 Right shuffle forward in a circle to the right moving ¼ of a circle (pinwheel)

35&36 Left shuffle forward in a circle to the right moving ¼ of a circle (pinwheel)

The man is now facing OLOD, the lady LOD, partners in the right parallel position

MAN: RIGHT SHUFFLE BEHIND LADY, TURNING ½ TURN RIGHT, LEFT SHUFFLE FORWARD ALONG LOD

LADY: RIGHT SHUFFLE FORWARD TOWARD OUTSIDE OF CIRCLE, LEFT SHUFFLE FORWARD INTO WRAP POSITION

Do not release hands. Keep the man's right and lady's left hands at waist level. As the man passes behind the lady and turns to face LOD, the lady passes under the man's left and lady's right arms into the wrap position the man should shuffle wide behind the lady when going into the wrap position

37&38 **MAN:** Right shuffle forward, passing behind the lady, turning ½ turn right

LADY: Right shuffle slightly forward along LOD at a 45 degrees angle to the right (toward the outside of the circle)

39&40 **MAN:** Left shuffle forward along the LOD

LADY: Left shuffle forward into the wrap position

Partners are now facing the LOD in the wrap position. Release the man's left and lady's right hands. As the lady turns, the man exchanges his right hand for his left at waist level

MAN: WALK SLIGHTLY FORWARD RIGHT-LEFT-RIGHT, TOUCH LEFT NEXT TO RIGHT

LADY: RIGHT-LEFT-RIGHT ONE FULL TURN RIGHT ALONG THE LOD, TOUCH LEFT NEXT TO RIGHT

41-43 **MAN:** Walk slightly forward right-left-right

LADY: Stepping right-left-right along the LOD, turn one full turn right

44 **MAN:** Touch the left foot next to the right foot

LADY: Touch the left foot next to the right foot

Rejoin right hands and move the arms to the open sweetheart position, partners facing the LOD

LEFT SHUFFLE FORWARD, RIGHT SHUFFLE FORWARD

45&46 Left shuffle forward

47&48 Right shuffle forward

REPEAT
