

Here On My Own

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Josie Lim (MY) - December 2007
音乐: Here On My Own - Sweetbox



Intro to Start: 16 counts on vocal

I dedicate this dance to all my dear friends whom have given me so much love & encouragement.

(1) CROSS POINT, MONTEREY ½ RIGHT TURN, POINT, WEAVE TO TURN ¼ RIGHT

1-2 Cross L over R, Point R to right side
3-4 Monterey ½ Right turn step R to L, Point L to left side (6:00)
5,6,7,8 Cross L over R, step R to right, step L behind R turn ¼ right, step forward R(9:00)
RESTART: *DURING 2nd Wall Restart here. You will be facing the back wall (6:00)

(2) FORWARD L-R, PIVOT ¼ LEFT, REVERSE FULL RIGHT TURN, DRAG R

1, 2-3 Step forward on L, step forward on R, Pivot ¼ left (6:00)
4-5-6 Cross R over L, step L back turn ¼ right, turn ½ right step forward R
7-8 Turn ¼ right take a long step L to left side, drag R to L (no weight) (6:00)

(3) LOW KICK, STEP BACK, TURN ¼ LEFT, STEP-PIVOT ½ LEFT, FORWARD LOCK STEP

1, 2, 3 Low kick forward R, step R back, Turn ¼ left step L to left side (3:00)
4-5 Step forward on R, pivot ½ left (wt on L) (9:00)
6-7-8 Forward lock step on R-L-R

(4) SIDE-TOUCH, TURN ¼ LEFT-TOUCH, ROLL UPPER TORSO COUNTERCLOCKWISE

1-2, 3-4 Step L to left side, Touch R to L, Turn ¼ left, step R to right side, touch L to R (6:00)
5-8 Step L to L: Roll upper torso counterclockwise (wt. ends on L) (option: Roll Hips)

(5) SLOW SWAYS, SIDE, TOGETHER, PRESS DIAGONAL FORWARD, DRAG

1-2, 3-4 Sway to R, Hold, Sway to L, Hold
5-6 Step R to right, close L to R,
7-8 Press/step forward R to right diagonal, drag L to touch next to R

(6) SLOW SWAYS, SIDE, TOGETHER, PRESS DIAGONAL FORWARD, DRAG

1-2, 3-4 Sway to L, Hold, Sway to R, Hold
5-6 Step L to left, close R to left
7-8 Press/step forward L to left diagonal, drag R to touch next to L

(7) RIGHT FORWARD, TURN ½ RIGHT ON L BACK, WALK FORWARD R-L, REPEAT

1-2, 3-4 Step forward on R, turn ½ right step L back, Walk forward on R-L (12:00)
5-6, 7-8 Repeat 1-4 above (6:00)

(8) VINE RIGHT TURN ¼ RIGHT, TOUCH, HEEL TAP-STEP, HEEL TAP-STEP

1-2-3-4 Step R to right, step L behind R, turn ¼ right step forward R, Touch L to R (9:00)
5-6, 7-8 Tap L heel forward, step L to R, Tap R heel forward, step R to L

Begin again.

*Restart during 2nd Wall: Dance only 8 counts and restart facing 6:00 o'clock