

My Everything

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Micaela Svensson Erlandsson (SWE) - January 2008
音乐: My Everything - Jennifer Brown



Also:

When I Need You by Leo Sayer (110 bpm)

Ta mig till havet, by Peter Lundblad (101 bpm)

Intro: 24 counts.

Long step left, Slide right, Long step right, Slide left

1-3 Long step to left, slide right to left (over 2 counts) weight stays on left

4-6 Long step to right, slide left to right (over 2 counts) weight stays on right

Turn $\frac{3}{4}$ right, Step R back, L together R forward

7-9 Step $\frac{3}{4}$ turn right, stepping - left, right, left.

10-12 Step back on right, step left beside right, step right forward.

Step, turn $\frac{3}{4}$ right, Sweep back, unwind (turn) $\frac{1}{2}$ right

13-15 Left step forward into $\frac{3}{4}$ spiral lock right turn (14-15).

16-18 Sweep R out from front to back, Step back on R behind L. Unwind (turn) $\frac{1}{2}$ right.

Cross, step, turn $\frac{1}{4}$ left, Cross, side step, turn $\frac{1}{2}$ left

19-21 Cross left over right. Step back on right. Step left $\frac{1}{4}$ turn left.

22-24 Cross R over L, Step L to L turn $\frac{1}{2}$ L, step R to R.

Tags here, wall 2 and 5

Left Twinkle, Cross, turn $\frac{1}{4}$ Right, turn $\frac{1}{4}$ Right

25-27 Turning slightly R step L across R, side step R, turning slightly L step in place L

28-30 Cross R over L, turn $\frac{1}{4}$ R stepping back on L, turn $\frac{1}{4}$ R putting R, to R.

Restart here on wall 7

Crossover steps with knee hitches

31-33 Left crossover; hold; hitch right knee sharply upwards

34-36 Right crossover; hold; hitch left knee sharply upwards

Crossover step with knee hitch, rock step, turn $\frac{1}{2}$ R

37-39 Left crossover; hold; hitch right knee sharply upwards

40-42 Rock forward on R, Recover weight on L, turn $\frac{1}{2}$ R stepping forward on R.

Stride forward on L, Drag, Hook R, Stride back on L, Drag, Hook L

43-45 Stride forward on left, drag right along, Hook right knee up.

46-48 Stride back on right, drag left along, Hook left knee up.

Begin again.

Tag: *Only for My Everything The Tags are On wall 2 and 5.

Cross, Hold, side step.

1-3 Cross left over right, Hold step right to right.

Dance the first 24 counts, do the tag, then continue from step 25 *

Restart On wall 7

Dance until count 30, then Restart*

Dedicated to Paulo Pereira, with all my love.
