

# Need A Hug

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Sadiyah Heggernes (NOR/UK) - March 2008  
音乐: Put Your Arms Around Me - Natasha Bedingfield : (CD: Pocketful Of Sunshine)



(16 Count Intro – start on vocals)

## Slide Ball Cross, Back, Side, Sailor ¼ Turn, Step, Pivot

1&2      Slide right toe diagonally right, step right slightly back, cross left over right  
3-4      Step back on right, step left to left side  
5&6      Cross right behind left making ¼ turn right, step left beside right, step forward right  
7-8      Step forward on left, ½ turn right (weight stays on right) 9:00

## Slide Ball Cross, Back, Side, Sailor ½ Turn, Cross, Syncopated Lock Step

1&2      Slide left toe diagonally left, step left slightly back, cross right over left  
3-4      Step back on left, step right to right side 9:00  
5&6      Cross left behind right, turning ½ turn left, step right beside left, cross left over right  
&7      Lock right behind left, step forward on left  
&8      Lock right behind left, step forward on left 3:00

## Full Turn, Coaster Step, Step, Sway, Chasse ¼ Turn

1-2      ½ turn right stepping forward right, ½ turn right stepping back on left  
3&4      Step back on right, step left beside right, step forward on right 3:00  
5-6      Small step forward on left swaying left, then right  
7&8      ¼ turn right stepping left to left side, close right beside left, step left to left side 6:00

## Back Rock, ¼ Turn, Step, Kick Ball Touch, Diagonal Skates

1&      Rock back on right, recover weight on left  
2      ¼ turn right stepping forward on right 9:00  
3&4      Kick left forward, step left beside right, touch right beside left  
5-6      Skate diagonally right, left  
7-8      Skate diagonally right, left 9:00

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