

Inori

拍数: 32 墙数: 4 级数: Improver
编舞者: Marjorie Barnabas-Shaw (MY) - December 2008
音乐: You Raise Me Up (Japanese Version) - Lena Park : (Album: Inori)



Intro Count : 32 counts

A. MODIFIED SYNCOPATED JAZZ BOXES, SYNCOPATED CROSS AND SIDE ROCKS.

1&2& Cross right over left. Step back on left. Step right to right side. Hold.
3&4& Cross left over right. Step back on right. Step left to left side. Hold.
5&6& Cross rock right over left. Recover onto left. Rock side right. Recover onto left.
7&8 Cross rock right over left. Recover onto left. Step right to right side.

B. SHUFFLE BACK LEFT, 1/2 RIGHT-SIDE LEFT-BACK RIGHT, SWEEP BACK-SIDE-CROSS, 1/4 RIGHT FORWARD SHUFFLE.

1&2 Step back left. Close right beside left. Step back left.
3&4 Step 1/2 right on right. Step left to left side. Cross right behind left.
5&6 Sweep-step left behind right. Step right to right side. Cross left over right.
7&8 Step 1/4 right on right. Close left beside right. Step forward right.

C. SYNCOPATED SIDE AND BACK ROCKS, COASTER STEP RIGHT, SHUFFLE BACK LEFT.

1&2& Rock left to left side. Recover onto right. Rock back left. Recover onto right.
3&4 Rock left to left side. Recover onto right. Step back left.
5&6 Step back right. Step left beside right. Step forward right.
7&8 Step back left. Close right beside left. Step back left.

D. SAILOR 1/4 TURN RIGHT, ROCK AND CROSS, RIGHT CHASSE, BACK LEFT, 1/4 RIGHT, SIDE LEFT.

1&2 Cross right behind left with 1/4 turn right. Step left to left side. Step right beside left.
3&4 Rock left to left side. Recover onto right. Cross left over right.
5&6 Step right to right side. Close left beside right. Step right to right side.
7&8 Cross left behind right. Step 1/4 right on right. Step left beside right.

~ * ~ Dance Like You've Never Danced Before ~ * ~