

Dear Life

拍数: 32 墙数: 4 级数: Intermediate / Advanced
编舞者: Guyton Mundy (USA) - February 2009
音乐: Dear Life - Anthony Hamilton : (CD: Step Up)



The dance starts on the vocals - 32 counts in - on the word "Morn"

This timing on this would be slow, quick, quick, slow.

(1-9) Side, Back, Back, Full Turn, Back, Back, Back, Rock Recover, Walk, Cross, 1/4 Back

- 1-2&3 Step L to L; walk back R, L; 1/2 turn R stepping forward on R while slightly hitching up L completing full turn ending on the 12:00 wall
- 4&5 Walk back L,R,L
- 6-7 Rock back on R, recover L
- 8&1 Step forward R; cross L over R; 1/4 turn L stepping back on R

(10-17) Half, Half, Half, Full Spiral, Back, Back, Half, Sweep

- 2-3 1/2 turn L stepping forward on L, 1/2 turn L stepping back on R
- &4& 1/2 turn L stepping forward on L, cross R over L, full spiral L (keeping weight on L)
- 5-1 Step back R, L; 1/2 turn R stepping forward on R; sweep little less than 1/2 over R shoulder ending on 1:30 wall with weight on L foot extending arms forward

(18-25) Hold, Half Turn Weave, Behind Forward With 1/4, Sweep, Cross, Back ,Back With Sweep

- 2-3 With weight still on L foot draw arms into body
- 4&5 Step back on R, making little more than 1/4 step forward on L ending on 9:00 wall; 1/4 turn L stepping R to R side
- 6&7 Step L behind R, 1/4 turn to R stepping forward on R, sweep L around in front of right
- 8&1 Cross L over R, step back R, step back on L as you sweep R around coming behind L

(26-32) Sweep Back, Sweep Back, Sailor 1/4, 1/4 Back 1/4, 1/4 , Side Touch

- 2-3 Step back R as you sweep L around coming behind R; step back on L as you sweep R around coming behind L
- 4&5 Step R behind L, 1/4 turn L stepping forward on L; step R to R
- 6&7 1/4 turn L stepping back on L, back on R, 1/4 turn L stepping L to L
- 8& 1/4 turn L stepping R to R, touch L next to R