

The Climb

拍数: 48 墙数: 2 级数: Intermediate NC2
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音乐: The Climb - Miley Cyrus



Start the dance after 8 piano beats.
"don't rush it.....feel it "

Side. Rock. Recover. Side. Rock recover. Forward. ½ pivot

1-2-3 Step left to left side. Rock right behind left. Recover on left.
4-5-6 Step right to right side. Rock left behind right. Recover on right
7-8 Step forward left. Pivot ½ turn right.

½ turn side. Rock. Recover. Side. Rock. Recover (basics) point. Touch. Hitch. Lock step forward.

1-2&3 On ball of right turn ½ turn Stepping left to left. Rock back on right. Recover on left. Step right to right.
4&5 Rock back on left. Recover on right. Point left to left.
6& Touch left beside right. Hitch left up.
7&8 Step left forward. Lock right behind. Step left forward.

****2nd restart- 5th wall –add an & count- stepping right beside left – restart facing back wall**

Rock . Recover. ½ . ½ Back step. Coaster ster. ¼ cross shuffle.

1-2 Rock forward right. Recover on left.
&3-4 Make ½ turn right stepping right forward. Make ½ right stepping back left. Step back right.
5&6 Step back left. Step back right. Step forward left.
7&8 Making a gradual ¼ turn right –cross right over left. Step left to side. Cross right over left

Sway x2 behind. Side. cross. Side. Rock Recover (basic) ¼. ¾ (figure 4).

1-2 Step left to left as you sway left. Sway right.
3&4 Cross step left behind right. Step right to right. Cross left over right.
5-6& Step right to side. Rock back left. Recover on right.
7-8 Step left forward ¼ left. Make ¾ turn left on ball of left (right foot figure 4)

(big) side. Rock back. Recover. Side. Cross. ¼ rock. Recover. step.

1-2-3 S tep right big step to right. Rock back left. Recover on right.
4-5 Step left to left. Cross step right over left.
6-7-8 Make ¼ left as you rock forward left. Recover on right. Step forward left.

**** 1st restart- wall 2 replace count 8 with a touch left beside right- restart facing back wall.**

Rock. Recover. Full turn. ½ Forward. Side. Rock back. Recover (basic) side. Touch.

1-2 Rock forward right. Recover on left.
&3-4 Make ½ turn right stepping right forward. Make ½ right stepping back left. Make ½ right stepping right forward.
5-6& Step left to side. Rock back right. Recover on left.
7-8 Step right to right. Touch left beside right.

**** 1st restart - wall 2 - replace count 8 with a touch left beside right- restart facing back wall.**

**** 2nd restart - wall 5 - add an & count- stepping right beside left – restart facing back wall**