

Till Now

拍数: 56 墙数: 2 级数: Intermediate
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音乐: Alone - Céline Dion : (CD: Taking Chances)



Walk Forward; ¼ Turn Cross, ¼ Turn Step Forward; ½ Turn Back Rock, Recover; Full Turn Forward

- 1-2 Walk forward R, L
&3-4 Take small step forward on R, as you turn ¼ turn to L cross L over R putting weight on L for count 3, step slightly forward on R turning ¼ R putting weight on R for count 4
&5-6 Step forward on L and start turning over R shoulder ½ turn R, complete ½ turn by rocking back on R for count 5, recover forward on L for count 6
7&8 Make a full turn forward turning L stepping R, L, R with weight ending on R

Walk Forward; ½ Turn Chase Turn; Full Turn Forward; Lunge Forward, Lift

- 1-2 Walk forward L, R
3&4 Step forward on L, turn ½ turn R stepping down on R, step forward on L
5&6 Make a full turn forward turning L stepping R, L, R
7-8 Lunge forward on L crossed over R, lift L up as you recover back on R

Behind, Side, Cross; Side Lunge, Recover; Behind, Side, Cross; Side Lunge, Recover

- 1&2 Step L behind R, step R to R side, cross L over R (weight on L)
3-4 Lunge to R side on R, recover on L slightly lifting R foot
5&6 Step R behind L, step L to L side, cross R over L (weight on R)
7-8 Lunge to L on L, recover on R (weight on R)

¼ Turn Lunge Forward, Recover; Full Turn; Cross Rock, Recover; ¼ Turn Triple Step Touch (Sailor ¼ Turn Touch)

- 1-2 Turn ¼ L as you lunge forward on L but with chest out and arms back, recover back on R
3&4 Turn a full turn to L side stepping L, R, L
5-6 Cross rock R over L, recover on L
7&8 Turn ¼ R sweeping R to R side taking weight onto R, step L next to R, touch R next to L (weight on L)

One RESTART here DURING the second wall; you will be facing the back wall

Cross, Side Rock, Recover; Cross, Side Rock, Recover; Step Forward, 1/2 Turn, 3/4 Turn

- 1&2 Cross R over L, rock onto L side, recover on R
3&4 Cross L over R, rock onto R side, recover on L
5-6 Step forward on R, turn 1/2 turn L touching L in place (weight back on R)
7&8 Turn 3/4 turn over L shoulder stepping L, R, L

Cross, Side Rock, Recover; Cross. Side Rock, Recover; Step Forward, 1/2 Turn, 3/4 Turn

- 1&2 Cross R over L, rock onto L side, recover on R
3&4 Cross L over R, rock onto R side, recover on L
5-6 Step forward on R, turn 1/2 turn L touching L in place (weight back on R)
7&8 Turn 3/4 turn over L shoulder stepping L, R, L

Cross Rock, Recover; And Cross, Rock, Recover; 1/2 Turn Shuffle, 1/2 Turn Sweep

- 1-2 Cross rock R over L, recover back on L
&3-4 Step R to R side, cross rock L over R, recover back on R
5&6 As you turn 1/2 turn L shuffle forward L, R, L
7-8 Sweep into 1/2 turn L and touch R. next to L (weight on L)

Start again

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