

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Sebastiaan Holtland (NL) & Deborah Ellis - July 2010
音乐: Let's Dance - Linda Sundblad : (Album: Manifest 2010)



16 count intro (8 sec)

Sec 1: 1-8 Long Step Fwd R, Touch, Hold, Long Step Fwd L, Touch, Hold, Jump Both Feet Apart, Hold, & Cross, Hold

- &1-2 Step forward long on Rf, touch Lf beside Rf, HOLD (12:00)
- &3-4 Step forward long on Lf, touch Rf beside Lf, HOLD
- &5-6 Jump both feet apart (&5), HOLD
- &7-8 Step Rf slightly back, cross Lf over Rf (&7), HOLD

Sec 2: 9-16 Side Rock / Recover, 1/4 Turn R, Back Rock / Recover, 1/2 Pivot Turn L, 1/4 L, 1/2 L

- 1-2 Rock Rf to the right, recover on Lf
- 3-4 Making a 1/4 turn to right (3) and rock back on Rf, recover on Lf weight onto Lf
- 5-6 Step forward on Rf, make a 1/2 turn to left (9) and take weight onto Lf
- 7-8 Make a 1/4 turn to left (6) stepping Rf to right side, continue a 1/2 turn to left (12) and step Lf to the left weight onto Lf

Sec 3: 17-24 Point Together, Point Together, 1/2 Monterey Turn R

- 1-2 Point R toe to right, step Rf beside Lf
- 3-4 Point L toe to left, step Lf beside Rf
- 5-6 Touch R toe out to the right side, pivot 1/2 to right (6) and step Rf beside Lf
- 7-8 Touch L toe out to the left side, step Lf beside Rf take weight onto both feet (6:00)

Sec 4: 25-32 Jump Both Feet apart (slightly fwd), Hold, Jump Both Feet apart (slightly fwd), Hold, 1/2 Pivot L, Continue a 1/4 Turn L. Side Rock / Recover

- &1-2 Jump both feet apart (&1) (slightly fwd), HOLD
- &3-4 Jump both feet apart (&3) (slightly fwd), HOLD
- 5-6 Step forward on Rf, make a 1/2 turn to left (12) take weight onto Lf
- 7-8 Continue a 1/4 turn to left (9) and rock Rf to the right, recover on Lf ## 4 Count Tag Here ##

Sec 5: 33-40 Kick, Cross, Back, Side, Lock Step Fwd, 1/4 Pivot Turn L

- 1-2 Kick forward on Rf, cross Rf over Lf (9:00)
- 3-4 Step back on Lf, and step Rf to the right weight onto Rf
- 5&6 Step forward on Lf, lock Rf behind Lf, step forward on Lf weight onto Lf
- 7-8 Step forward on Rf, making a 1/4 turn to left (6) and take weight onto Lf

Sec 6: 41-48 Kick, Cross, Back, Side, Lock Step Fwd, 1/2 Pivot Turn L

- 1-2 Kick forward on Rf, cross Rf over Lf (6:00)
- 3-4 Step back on Lf, and step Rf to the right weight onto Rf
- 5&6 Step forward on Lf, lock Rf behind Lf, step forward on Lf weight onto Lf
- 7-8 Step forward on Rf, making a 1/2 turn to left (12) and take weight onto Lf

Sec 7: 49-56 Jump Both Feet Apart, Hold, Ball Step, Hold, Jump Both Feet Apart, Hold, & Cross, Hold

- &1-2 Jump both feet apart (&1), HOLD
- &3-4 Step Rf beside Lf, and step slightly forward on Lf, HOLD
- &5-6 Jump both feet apart (&5), HOLD
- &7-8 Step Rf slightly back, cross Lf over Rf (&7), HOLD ## Restart Here ##

Sec 8: 57-64 Rock / Recover, 1/2 Turn R, Lock step Fwd, 1/4 Turn R, Side Chasse, Back Rock / Recover

- 1-2 Rock forward on Rf, recover on Lf
3&4 Making a 1/4 turn to right (6) and step forward on Rf, lock Lf behind Rf, step forward on Rf weight onto Rf
5&6 Making a 1/4 turn to right (9) and step Lf to the left, step Rf beside Lf, step Lf to the left side weight onto Lf
7-8 Rock back on Rf, recover on Lf (9:00)

Restart: 2nd Wall after 56 count than Beginning again (facing 9 o'clock)

Tag: 5th Wall dance up to count 32 (facing 9 o'clock) after tag Restart (facing 12 o'clock)

TAG: Long Step Fwd R, Touch, Hold, Long Step Fwd L, Touch, Hold

&1-2 Step forward long on Rf, touch Lf beside Rf, HOLD

&3-4 Step forward long on Lf, touch Rf beside Lf, HOLD
