

2nd Chance

拍数: 48 墙数: 2 级数: Intermediate Rise and Fall
编舞者: Bronya Bishorek (MY) - January 2012
音乐: Second Chance - Trisha Yearwood



(*Start this dance facing your L diagonal 10:30) Moves ACW

BASIC WALTZ F/WD & B/WD

1-2-3 Step f/wd on LF, step RF to right, step LF next to RF
4-5-6 Step back on RF, step LF to left, step RF next to LF

PROMENADE WALK, SIDE, TOGETHER, F/WD

1-2&3 Turn 1/8 left (9:00) step f/wd on LF, step f/wd on RF, lock LF behind RF and step f/wd on RF
4-5-6 ¼ turn right (12:00) and step LF to left, step RF next to LF, step f/wd on LF

SIDE, TOGETHER, BACK, UNDERSWAY

1-2-3 Step RF to right, step LF next to RF, step RF back
4-5-6 Take a large step left on LF with bent knee and slowly rotate upper body to left diagonal while extending arms out gracefully

OVERSWAY, 3 POINT TURN

1-2-3 Recover weight to RF and slowly rotate upper body to right diagonal while extending arms out gracefully
4-5-6 Execute a 3 point turn left finish facing your left diagonal (10:30) with right toe next to LF

EXTEND RF, DIAGONAL CHECK STEP, RECOVER

1-2-3 Facing your left diagonal, slowly extend your right leg f/wd while extending arms gracefully for balance
4-5-6 Step RF f/wd (10:30), recover weight on LF, step RF to right (facing 12:00)

SYNCOATED WEAVE RIGHT, ¼ RONDE, LOCK STEP

1-2& Step LF across & behind RF, step RF to right, cross LF over RF
3-4 Recover weight on RF while executing a ¼ turn ronde left (sweeping LF from side to behind RF finish facing 9:00)
5-6 Lock LF behind RF, step f/wd on RF

CROSS CHECK, RECOVER, REVERSE TWINKLE

1-2-3 Cross LF over RF, recover weight on RF, step LF to left
4-5-6 Cross RF behind LF, turn 1/8 left and step f/wd on LF (7:30), step RF to right

REVERSE TWINKLE, CHANGE WALL

1-2-3 Cross LF behind RF, ¼ turn right (10:30) and step f/wd on RF, step LF to left
4-5-6 Cross RF behind LF, ¼ turn left (7:30) and step f/wd on LF, ¼ turn left (4:30) and step RF to R

START AGAIN!

Note : The end of this music slows down and fades, a good opportunity for you to try some lyrical moves and finish beautifully.

Contact: guruofdance@gmail.com