

Mandy

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Bronya Bishorek (MY) - February 2012
音乐: Mandy - Westlife



Smooth Line Dance Moves : CW

Note : This song is phrased in 3 places but I've choreographed this dance with none on the request of my students so don't be surprised if the dance feel 'off' here and there. It'll come back on track quickly.

SIDE ROCK, CROSS, UNWIND, SWEEP, JAZZ BOX

- 1,2 Step RF to R, recover weight on LF
- 3,4,5 Step ball of RF behind heel of LF, full unwind turn R changing weight to RF, sweep LF from back to front
- 6,7,8 Step LF over RF, step RF back, step LF to L

CROSS ROCK, ¼ TURN LOCK STEP, WEAVE, HITCH, STEP

- 1,2 Step RF across LF to L diag., recover to LF
- 3&4 ¼ turn R and lock step f/wd RF-LF-RF [3:00]
- 5&6 Step LF across RF, step RF to R, step LF across & behind RF
- 7,8 Hitch R knee & rotate body to R diag, step RF back (body should be facing R diag. at this point)

ROCK, RECOVER, LOCK STEP, LUNGE, RECOVER, WEAVE

- 1,2 Step LF f/wd to R diag., recover weight to RF
- 3&4 Lock step b/wd LF-RF-LF [3:00]
- 5,6 Lunge step f/wd on RF, recover weight on LF
- 7&8 Sweep RF into a weave – cross RF across & behind LF, step LF to L, cross RF over LF (body facing L diag. at this point)

POINT, STEP, AND CROSS, AND CROSS, SWEEP, CROSS, BIG STEP, TAP

- 1,2 Point LF towards L diag. (as high as you like), step LF back to R diag.
- &3,&4 Step ball of RF next to LF, cross LF over RF, step ball of RF next to LF, cross LF behind RF
- 5,6 Sweep RF from front to back, step RF across & behind LF
- 7,8 Make a long step L on LF, draw RF towards LF and finish with a tap

END OF DANCE?

Direction : Second wall starts 3:00
