

The Bride

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Colleen Archer (AUS) - March 2012
音乐: I Knew The Bride - The Deans : (3:26)



Intro: 16 counts SP. Weight on L - Rotates ¼ Anti-clockwise - "For...Mark"

MAMBO, HOLD, COASTER, HOLD

1, 2 Step R forward, Recover L
3, 4 Step R back, Hold
5, 6 Step L back, Step R beside L
7, 8 Step L forward, Hold (12)

FWD, LOCK, FWD, HOLD, ½ PIVOT, FWD, HOLD

1, 2 Step R forward, Lock L behind R heel
3, 4 Step R forward, Hold
5, 6 Step L forward, Turn ½ right taking weight R
7, 8 Step L forward, Hold (6)

R SAMBA, L SAMBA

1, 2 Step R to right side, Recover L
3, 4 Step R forward across L, Hold
5, 6 Step L to left side, Recover R
7, 8 Step L forward across R, Hold (6)

¼ PADDLE, ¼ PADDLE, FWD ACROSS, HOLD, FWD ACROSS, HOLD

1, 2 Step R forward, Turn ¼ left taking weight L
3, 4 Step R forward, Turn ¼ left taking weight L
5, 6 Step R forward & slightly across L, Hold
7, 8 Step L forward & slightly across R, Hold (12)

R TOE STRUT, L TOE STRUT, ROCK SIDE REC, ACROSS, HOLD

1, 2 Step R toe to right side, Drop R heel
3, 4 Step L toe across R, Drop L heel
5, 6 Step R to right side, Recover L
7, 8 Step R forward across L, Hold (12)

L VINE, HOLD, TWIST HEELS R, L, R, L

1, 2 Step L to left side, Step R behind L
3, 4 Step L to left side, Hold
5, 6 Twist both heels to right, Twist both heels to left
7, 8 Twist both heels to right, Twist both heels to left (weight on L) (12)

¼ PADDLE, FWD, HOLD, RUN BACK L R L, HOLD

1, 2 Step R forward, Turn ¼ left taking weight L
3, 4 Step R forward, Hold
5, 6 Step L back, Step R back
7, 8 Step L back, Hold (9)

ROCK BACK REC, FWD, BRUSH, FWD, BRUSH, STOMP, STOMP

1, 2 Step R back, Recover L
3, 4 Step R forward 45° right, Brush L beside R

5, 6 Step L forward 45° left, Brush R beside L
7, 8 Stomp R forward, Stomp L beside R (optional claps) (9)

Begin dance again.....

FINISH: Step R forward, Recover L, Turn ¼ right & stomp R to side, Stomp L beside R

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Dance may be copied and distributed provided original steps remain unchanged.
