

The Dance

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Edwin P Napitu (NL) - May 2012
音乐: The Dance - Martina McBride
或: The Dance - Westlife



SIDE, CROSS BEHIND RECOVER, SIDE, CROSS BEHIND RECOVER, STEP, PIVOT ¼ TURN R, CROSS, ½ TURN L

1 – 2& Step R long step to right side, drag L towards R cross L behind R, recover on R
3 – 4& Step L long step to left side, drag R towards L cross R behind L, recover on L
5 – 6& Step R forward, step L forward, ¼ turn R
7 & 8 Cross L over R, ¼ turn L step R behind, ¼ turn L step L forward

Restart : On the 3rd wall (After count 8)

SIDE, CROSS BEHIND RECOVER, SIDE, CROSS BEHIND, SIDE, CROSS, SWEEP, CROSS, SIDE, CROSS BEHIND RECOVER, ¼ TURN R

1 – 2& Step R long step to right side, drag L towards R cross L behind R, recover on R
3 – 4& Step L long step to left side, drag L towards R cross R behind L, step L to left side
5 – 6& Cross R over L, L sweep from back to front cross L over R, step R to right side
7 & 8 Cross L behind R, recover on R, ¼ turn R step L behind

¼ TURN R, SIDE, CROSS ROCK RECOVER, SIDE, CROSS ROCK RECOVER, SIDE, STEP FORWARD, SWEEP, CROSS, SIDE, ROCK BACK RECOVER, ¼ TURN L, L STEP BACK

&1 - 2 ¼ turn R step R to right side, cross L over R, recover on R
&3 - 4 Step L to left side, cross R over L, recover on L
&5 - 6 Step R to right side, step L forward, R sweep from back to front cross R over L
&7 &8 Step L to left side, cross R behind L, recover on L, ¼ turn L step R behind

¼ TURN L, SIDE, CROSS ROCK RECOVER, SIDE, CROSS RECOVER, SIDE, STEP FORWARD, PIVOT ½ TURN R STEP, FULL TURN FORWARD L

&1 – 2 ¼ turn L step L to left side, cross R over L, recover on L
&3 – 4 Step R to right side, cross L over R, recover on R
&5 Step L to left side, step R forward
6 & 7 Step L forward, R+L ½ turn R, step L forward
&8 ½ turn left step R behind, ½ turn left step L forward

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