

Thankful

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Chris Jackson (UK) - November 2012
音乐: Thankful - Lizzie Deane : (Album: 'Set Me Free')



16 count intro – dance starts on vocals. One restart (see below).

LONG STEP, BACK ROCK, SIDE TOUCH, SIDE TOUCH, LONG STEP, BACK ROCK, SIDE TOUCH, SIDE TOUCH

1,2& Step long step left, rock back on Right, recover on Left
3&4& Right to right side, touch Left next to Right, Left to left side, touch Right next to Left
5,6& Step long step right, rock back on Left, recover on Right
7&8& Left to left side, touch Right next to Left, Right to right side, touch Left next to Right

PIVOT QUARTER TURN, CROSS-QUARTER-HALF-STEP, ROCK, RECOVER (RONDE), BACK (RONDE), BACK (RONDE)

9,10 Step forward on Left, pivot a quarter turn right
11& Cross Left over Right, make a quarter turn left stepping back on Right
12& Make a half turn left stepping forward on Left, step forward on Right
13,14 Rock forward on Left, recover on to Right (ronde Left from front to back)
15 Step back on Left (ronde Right from front to back)
16 Step back on Right (ronde Left from front to back)

BACK ROCK, STEP-LOCK, STEP-LOCK, STEP-LOCK, STEP

17 Rock back on Left on right diagonal
18& Step forward Right on right diagonal, lock Left behind Right
19& Step forward Right on right diagonal, lock Left behind Right
20& Step forward Right on right diagonal, lock Left behind Right
21 Step forward Right on right diagonal

CROSS ROCK, QUARTER-HALF-QUARTER (full rolling vine left)

22& Cross Left over Right, recover on Right
23&24 Make a quarter turn left stepping forward on Left, make a half turn left stepping back on Right, make a quarter turn left stepping Left to left side

CROSS ROCK-SIDE, CROSS ROCK-TURN, PIVOT HALF TURN, STEP, TURN, TURN

25&26 Cross Right over Left, recover on Left, step Right to Right side
27&28 Cross Left over Right, recover on Right, make a quarter turn left stepping forward on Left
29,30 Step forward on Right, pivot a half turn left
31&32 Step forward Right, make a half turn right stepping back on Left, make a half turn right stepping forward on Right

RESTART: Wall 7 – Dance up to step 20 and start the dance again (facing front).