

I Melt

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Lorraine Turner (AUS) - December 2012
音乐: I Melt - Rascal Flatts



Begin: On heavy down beat count 18 beats and start on the word. "When"

RIGHT SAMBA, LEFT SAMBA, 1/2 TURN LEFT, 1/2 TURN RIGHT

1&2& R to R side, L to L side, Cross R over L - Hold (Samba)
3&4& L to L side, R to R side, Cross L over R - Hold (Samba)
5&6 Step back on R, 1/2 turn L, Place L foot. Step fwd on R
7&8 Step back on L, 1/2 turn R, Place R foot. Step fwd on L - Hold

SYNCOPATED BEHIND SIDE FRONT, LEFT. SYNCOPATED BEHIND SIDE FRONT, RIGHT, WITH A 1/4 RIGHT TURN. FOUR SYNCOPATED STEPS TO THE LEFT

1&2 R behind L, L to L side, Cross R over L - Hold
3&4 Rock back on L, Step R to R side, turning 1/4 turn R, Step fwd on L - Hold
5&6& R behind L, L to L side, Cross R over L, L to L side
7&8 R behind L, L to L side, Cross R over L - Hold

ROCK BACK LEFT, FOUR SYNCOPATED STEPS TO THE RIGHT, ROCK BACK RIGHT, 1/4 TURN LEFT X 2, ROCK LEFT, 1/2 TURN RIGHT X 2

1&2& Rock back on L, R to R side, Cross L over R, R to R side
3&4 L behind R, R to R side, Cross L over R - Hold
5&6 Rock back on R, Step L foot a 1/4 turn L, Turn 1/4 L, Place R foot
7,8 Rock L to L side, Swing R foot 1/2 turn R, Swing L foot 1/2 turn R

COASTER CROSS STEP, STEP LEFT, DRAG RIGHT TO LEFT, LEFT TO RIGHT, 1/4 TURN RIGHT COASTER STEP, STEP FORWARD ON RIGHT, 1/4 PIVOT LEFT, 1/2 PIVOT LEFT

1&2 Step back on R, step L beside R, Cross R over L (Coaster Cross)
3&4& Step L to L side, Drag R to meet L, Step R to R side, Drag L to meet R
5&6 Step back 1/4 R on L foot, Step R beside L, Step fwd on L (1/4 Coaster Step)
&7&8 Step fwd on R, 1/4 Pivot L, Step fwd on R, 1/2 Pivot L

[32] Count Dance:

START AGAIN:

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