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BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Amy Christian (USA) & Jill Babinec (USA) - April 2013
音乐: Listen - Trin-i-tee 5:7



Intro: 16 Counts

¼ BOX SLIDE STEPS X 3, L COASTER, SCUFF-STEP-SCUFF, MAMBO, OUT, OUT,

1& ¼ Turn left, Sliding R to right side (9:00), sliding L towards R,
2&3 ¼ Turn left, Sliding L to left side (6:00), sliding R towards L, ¼ Turn left, Sliding R to right side (3:00),
4&5 L Coaster Step,
&6& Scuff R heel, Step fwd on R, Scuff L heel,
7&8 (Fwd Mambo) Rock fwd on L, Recover back on R, Step back on L,
&1 Step R to right side, Step L to left side,

¼ TWIST, L COASTER, CROSS ROCK, SIDE ROCK, TOGETHER, HITCH, BUMPS, HITCH

2 Twist ¼ left, weight on R (12:00),
3&4 L Coaster Step,
5&6& Cross, Recover, Side, Recover,
7& Step R next to L, Hitch L slightly across R knee,
8&1 Step L to left side as you Bump L(8), Bump R, Hitch R as you Bump L (11:00),

CROSS ROCK, SIDE ROCK, ¼ R COASTER, LOCK, STEP, PIVOT ¼, CROSS,

2&3& Cross R over L, Recover on L, Rock R out to R side, Recover on L,
4&5 ¼ Turn right, R Coaster Step, (3:00)
&6 Lock L behind R, Step fwd on R,
7&8 Step fwd on L, Pivot ¼ turn right on R, Cross L over, (6:00)

SIDE, HOLD, TOGETHER, SIDE, TOUCH, ¼, ½, ¼ SAILOR STEP,

1-2 Step R to right side, Hold,
&3-4 Step L next to R, Step R to right side, Touch L next to R,
5-6 ¼ Turn left, stepping fwd on L (3:00), make ½ pivot L stepping back on R (9:00),
7&8 Sweep L from front, into a ¼ turn L Sailor step (6:00),

PUSH MAMBO ½, PUSH MAMBO ½, FORWARD, PIVOT ¼, CROSS & CROSS & CROSS,

1&2 Step R fwd (pushoff ball of foot), Recover on L as start to pivot ½ turn R, Step fwd R and finish turn (12:00)
3&4 Step L fwd (pushoff ball of foot), Recover on R as start to pivot ½ turn L, Step R fwd and finish turn (6:00)
5&6 Step R fwd, Pivot ¼ turn left on L, Cross R over L (3:00),
&7&8 Step side L , cross R over L, Step side L, Cross R over L

SIDE ROCK, RECOVER, SAILOR STEP, ROCKING CHAIR, WALK, WALK,

1-2 Step L to left side, Recover on R,
3&4 L Sailor,
5&6& Rock fwd on R, Recover back on L, Rock back on R, Recover fwd on L
7-8 Walk fwd R, L,

ROCK FWD & SIDE &, BIG STEP BACK , STEP , STEP, HEEL & HEEL & HEEL FLICK, STEP FWD

1&2& Rock fwd on R, Recover back on L, Rock R to side, Recover onto L
3-4& Large step back on R as you drag L to R, Step L next to R (4), Step R next to L (&)
5&6& L Heel fwd, Step L next to R, R Heel fwd, Step R next to L,

7&8 L Heel fwd, L Heel flick to L side, Step fwd L (make sure you step fwd here)

HINGE ¼, HOLD, HINGE ¼, HOLD, ¼ FWD, FWD, PIVOT ½, FWD,

1-2 Hinge ¼ turn right, stepping R to right side, Hold, [Hands raised slightly above head, and head Looking up] (6:00),

3-4 Hinge ¼ turn right stepping L to left side, Hold, [Hands Clapsed together (“praying hands”), Looking forward] (9:00),

5-6 Turn ¼ right, Stepping fwd on R (12:00), Step fwd on L,

7-8 Pivot ½ turn right stepping fwd on R (6:00), Step L fwd

Begin Again

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