

Incredible

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Junior Willis (USA) & Scott Schrank (USA) - February 2014
音乐: Incredible - Céline Dion & Ne-Yo : (CD: Loved Me Back To Life - iTunes)



Start: 16 Count Intro (12 Seconds In)
Phrasing: 3 Restarts: 48-40-48-32-48-36-48-End

A special thank you to Michael Beale for suggesting this song to us.

SWEEP, ROCK-RECOVER-SWEEP, ROCK-RECOVER-SWEEP, SWEEP, SWEEP

- 1-2& Step L foot forward while sweeping R foot forward (1), Rock R foot forward (2), Recover weight to L foot (&)
- 3-4& Step R foot forward while sweeping L foot forward (3), Rock L foot forward (4), Recover weight to R foot (&)
- 5-6 Step L foot slightly back while sweeping R foot behind L foot (5), Step R foot slightly back while sweeping L foot behind R foot (6)
- 7 Step L foot back while sweeping R foot behind L foot (7)

BEHIND-TURN-ROCK, RECOVER-BACK-CROSS-BACK-BACK-CROSS-BACK, SWAY, SWAY

- 8&1 Step ball of R foot behind L foot (8), Make 1/4 turn left stepping L foot forward (&), Rock forward on R foot (1) [9:00]
- 2&3& Recover weight L foot (2), Step slightly back on R foot (&), Cross L foot over R foot (3), Step R foot slightly back (&)
- 4&5 Step L foot slightly back (4), Cross R foot over L foot (&), Step L foot slightly back (5)
- 6-7 Make 1/4 turn right swaying hips right (6), Sway hips left (7) [12:00]

BASIC RIGHT, BASIC LEFT 1/4 TURN, STEP-PIVOT-SIDE, ROCK-RECOVER-STEP

- 8&1 Rock R foot behind L foot (8), Recover weight to L foot (&), Step R foot right (1)
- 2&3 Rock L foot behind R foot (2), Recover weight to R foot (&), Make 1/4 turn left stepping L foot forward (3) [9:00]
- 4&5 Step R foot forward (4), Pivot 1/2 turn left on balls of feet (&), Make 1/4 turn left stepping R foot right (5) [12:00]
- 6&7 Rock L foot behind R foot (6), Recover weight to R foot (&), Step L foot slightly forward (7)

CHASSE 1/2, PRISSY WALK X 2, ROCK-RECOVER-TURN, TURN-TURN-SWEEP, ROCK-RECOVER

- 8&1 Step R foot forward (8), Pivot 1/2 turn left on balls of feet (&), Step R foot forward (1) [6:00]
- 2-3 Step L foot forward slightly crossing R foot (2), Step R foot forward slightly crossing L foot (3)
- 4&5 Rock L foot forward (4), Recover weight to R foot (&), Make 1/2 turn left stepping L foot forward (5)
- 6&7 Make 1/2 turn left on ball of L foot stepping R foot back (6), Make 1/2 turn left on ball of R foot stepping L foot forward (&), Step R foot forward while sweeping L foot left making a 1/2 turn left (7)
- 8& Rock L foot behind R foot (8), Recover weight to R foot (&) [6:00]

(Second Restart happens here. Start from the beginning of dance as normal)

ROCK FORWARD, RECOVER, ROCK BACK, RECOVER, PIVOT X 2

- 1-4 Rock L foot forward (1), Recover weight to R foot (2), Rock back on L foot (3), Recover weight to R foot (4)

(Third Restart happens here. Start from the beginning of dance as normal)

- 5-8 Step L foot forward (5), Pivot 1/2 turn right on balls of feet (6), Step L foot forward (7), Pivot 1/2 turn right on balls of feet (8) [6:00]

(First Restart happens here. Start from the beginning of dance as normal)

STEP-PIVOT-CROSS, BACK, TURN 1/2, TURN 1/2, TURN 1/4, SIDE, BEHIND-SIDE-STEP

- 1&2 Step L foot forward(1), Pivot 1/4 turn right on balls of feet (&), Cross L foot over R foot (2)
3-4 Step back on R foot (3), Make 1/2 turn left stepping forward on L foot (4)
5-6 Make 1/2 turn left stepping back on R foot (5), Make 1/4 turn left stepping L foot slightly left while slightly bending right knee to help change momentum back to right (6) [6:00]
7 Step R foot long right (7)
8&(1) Step L foot behind R foot (8), Step R foot right (&), Step L foot forward while sweeping R foot forward (1) *This is the first count of the dance

(Note: You will never do the last 8 counts of the dance on the back wall)

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