

My Pledge (Is My Bond)

拍数: 34 墙数: 2 级数: Improver
编舞者: David Lawson & Janene Lawson (AUS) - May 2014
音乐: Man of My Word - Collin Raye : (Album: Extremes.)



Start: Weight on left, start on lyrics.

[1 - 8] □ Side rock, behind side cross, side rock $\frac{3}{4}$ triple turn left:

1 - 2 Rock R to R side, recover to L,
3 & 4 Step R behind L, step L to L side, Step R in front of L,
5 - 6 Rock L to L side, recover to R.
7 & 8 Turn $\frac{3}{4}$ L, triple step L, R, L.

[9 - 16] □ Rock forward, recover, slow sweep, slow sweep, coaster step, shuffle forward:

1 - 2 Rock forward on R, recover to L,
3 - 4 Sweep R around to R and behind L, Sweep L around to L and behind R
5 & 6 Step R back, step L alongside R, step R forward.
7 & 8 Shuffle forward L, R, L.

[17 - 24] □ Step $\frac{1}{4}$ pivot, cross shuffle, step back $\frac{1}{4}$ turn, step back, coaster step:

1 - 2 Step R forward, pivot $\frac{1}{4}$ turn L,
3 & 4 Cross R in front of L, step L to L side, cross R in front of L,
5 - 6 Step L back, turning $\frac{1}{4}$ R, step R back,
7 & 8 Step L back, step R alongside L, step L forward,

[25 - 32] □ Shuffle forward, step $\frac{1}{4}$ pivot, cross samba, cross samba:

1 & 2 Shuffle forward R, L, R,
3 - 4 Step L forward, pivot $\frac{1}{4}$ turn R,
5 & 6 Cross L over R, rock onto R, recover to L,
7 & 8 Cross R over L, rock onto L, recover to R.

[33 - 34] Shuffle forward, hitch:

1 & 2 & Shuffle forward L, R, L, hitch R knee across left.

Repeat on new wall.

Restart: On wall 4 (facing 6:00), dance to count 16, then start again.

Note: After the restart, you will be dancing to the side walls.

Happy Dancin'