

Exposed

拍數: 48 牆數: 4 級數: Advanced waltz
編舞者: Debbie McLaughlin (UK) - September 2014
音樂: Something Beautiful - Jacob Banks : (Album: The Monologue by Jacob Banks)



Count in: 24 counts - 14 seconds - Length: 3mins 39secs

STEP SWEEP ¼ TURN, CROSS SIDE BEHIND

1 2 3 Step L forward, Make ¼ turn L sweeping R round over 2 counts (9 o clock)
4 5 6 Cross R over L, Step L to L side, Cross R behind L

SIDE DRAG TOUCH, FULL SPIN

1 2 3 Take big step to L side, Drag R towards L, Touch R beside L
4 5 6 Make ¼ turn R stepping forward on R, Hitch L knee up and spin ¾ turn over R shoulder (9 o clock)

TWINKLE, CROSS ¼ TURN ¼ TURN

1 2 3 Cross L over R, Rock R out to R side, Recover weight onto L
4 5 6 Cross R over L, Make ¼ turn R stepping L back, Make ¼ turn R stepping R to R side (3 o clock)

SLOW CROSS ROCK, RUN BACK x3

1 2 3 Cross rock L over R, Hold for 2 counts (facing diagonal - 4 o clock)
4 5 6 Run back R, L, R - staying on the diagonal

¼ TURN LUNGE, STEP ¾ TURN

1 2 3 Make ¼ turn L and lunge L to L side, Hold for 2 counts (1 o clock diagonal)
4 5 6 Make ¼ turn R and step R in place, Step L forward, pivot ¾ turn R ending with weight on R (1 o clock)

WALK HOLD, ROCK RECOVER STEP BACK

1 2 3 Step L big step forward, Hold for 2 counts
4 5 6 Rock R forward, Recover weight back onto L, Step R back (1 o clock)

½ TURN SWEEP FULL TURN, CROSS TURN SIDE

1 2 3 Make ½ turn L stepping L forward, Spin full turn L sweeping R around over 2 counts (7 o clock)
4 5 6 Cross R slightly over L, Make 3/8 turn R stepping L back, Step R to R side (12 o clock)

CROSS SWEEP ROUND, CROSS ¼ TURN ½ TURN

1 2 3 Cross L over R, Sweep R around from back to front over 2 counts
4 5 6 Cross R over L, Make ¼ turn R stepping back on L, Make ½ turn R stepping R forward (9 o clock)

TAG: To be danced at the end of walls 3 (facing 3 o clock) and 5 (facing 9 o clock)

STEP HOLD, STEP ROCK RECOVER

1 2 3 Take big step forward on L, Hold for 2 counts
4 5 6 Step R forward, Rock L out to L side, recover weight onto R

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