A Love That Will Last



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Johanna Barnes (USA) - October 2014 音樂: A Love That Will Last - Renee Olstead



Details: 16 ct intro, Restart after 8 counts on phrase 5* Smooth (with some Cuban motion),

[1~8]: STEP 1/	AL CROSS	TOUCH SID	E ROCK-RECOVER	TOGETHER	SIDE STEP	TOGETHER
11~01. STEP. /	4 L. URUSS	. 10000.310	E ROUN-REGOVER.	. IUGEINER.	SIDE STEP.	IUGEINER

- 1 R step forward (12:00)
- 2 turn ¼ left (9:00), weight onto L
- R step across L
- 4 touch L next to R
- 5 L rock (or sway with hip) out to left side
- 6 recover weight to R
 7 L step next to R
 8 R step to right side
 & L step next to R

[9~16]: FORWARD STEP (1/8TH R), ROCK-RECOVER, BACK, ½ REVERSE PIVOT R, FORWARD DOUBLE CHASSÉ, PRESS

1 1/8th of a turn (toward 11:00), R step forward

(essentially finishing a chassé to the corner)

- 2 L push-rock forward (try a straight leg)
- 3 recover weight back onto R (try a bent knee)
- 4 L step back (try going to ball-of-foot)

(open upper body to left, and slightly bend L knee to create torque for right pivot)

- & ½ turn right, stepping onto R (5:00)
- 5 **□L step forward (left hip leading toward 5:00)
- & R (lock) step behind L
- 6 L step forward (pushing off from R)
- & R (lock) step behind L
- L step forward (pushing off from R)
 R press forward with a bent knee
- **Counts 5-7: Can also be modified as a comfortable double left side chassé (toward 5:00, leading with the left side)

[17~24]: SLOW SWEEP (SQUARE UP), VINE L, ROCK-RECOVER, 1/4 VINE R

- 1 return weight to L, while beginning a □clockwise sweep with R from front to back
- 2 complete the R sweep, squaring up to 6:00
- 3 R step behind L
- & L step to left side
- 4 R step across L
- 5 L rock (or sway with hip) out to left side
- 6 return weight to R
- 7 L step behind R
- & ¼ turn right, step R forward (9:00)
- 8 L step forward

[25~32]: STEP BEVEL-SWEEPS x2, SLOW ROCKING CHAIR

- 1 R step forward and across L, use a small rotation left, hips open to the left
- 2 rotate right while bringing in the L, with a bent knee, toes of L to R instep (no weight)
- 3 L step forward and across R, use a small rotation right, hips open to right
- 4 rotate left, while bringing in the R, with a bent knee, toes of R to L instep (no weight)

- 5 R rock forward
- 6 return weight back to L
- 7 R rock back
- 8 return weight forward to L

(BEGIN AGAIN, and most certainly DWYF!)

*RESTART: You will start phrase 5 on your original 12:00 start wall. Complete counts 1-7, then, while keeping weight on L, take an easy ¼ turn to your right on count 8 (which puts you back onto the same original 12:00 start wall) and begin the full phrase from count 1 with your R foot.

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This step description is intended to be a guideline. Dance demos and visual references may be found on the DanceWhatYouFeel YouTube channel. http://www.youtube.com/user/DanceWhatYouFeel Contact: Johanna@dancewhatyoufeel.com ~ www.dancewhatyoufeel.com ~ 203.464.5322

^{*}You are replacing the 8& chassé with a 1/4 turn right from your L foot on count 8 to restart the dance.