

Hanging On

拍數: 64 牆數: 4 級數: High Improver
編舞者: David Sinfield (UK) - November 2014
音樂: You Keep Me Hangin' On - Reba McEntire : (Album: Toe the Line 4 or Starting Over)



(DANCE STARTS ON LYRICS)

KICK BALL TOUCH, KICK BALL TOUCH, RIGHT SHUFFLE, PRESS ROCK

1&2 Kick right forward, step right down, touch left to left
3&4 Kick left forward, step left down, touch right to right
5&6 Step forward right, close left beside right, step forward right
7-8 Press left toe forward, replace weight onto right

SHUFFLE ½ LEFT X 3, PRESS ROCK

1&2 Shuffle ½ turn left stepping left-right-left
3&4 Shuffle ½ turn left stepping right-left-right
5&6 Shuffle ½ turn left stepping left-right-left
7-8 Press right toe forward, replace weight onto left

RIGHT SAILOR, LEFT SAILOR, RIGHT SAILOR, LEFT SAILOR

1&2 Cross right behind left, step left to left, step right to right side
3&4 Cross left behind right, step right to right, step left to left side
5-8 Repeat steps 1-4

WEAVE LEFT WITH ¼ TURN LEFT, STEP PIVOT, RIGHT SHUFFLE

1-3 Cross right over left, step left to left side, cross right behind left
4 Step left into ¼ turn left
5-6 Step right forward, pivot ½ turn left
7&8 Step right forward, close left beside right, step right forward

WEAVE RIGHT WITH ¼ TURN RIGHT, STEP PIVOT, SHUFFLE ½ TURN RIGHT

1-3 Cross left over right, step right to right, cross left behind right,
4 Step right into ¼ turn right
5-6 Step forward left, pivot ½ turn right
7&8 Shuffle ½ right stepping left-right-left

SIDE ROCK, CROSS SHUFFLE, ROCK ¼ TURN, SHUFFLE ½ TURN RIGHT

1-2 Rock right to right, replace weight onto left
3&4 Cross right over left, step left to left, cross right over left
5-6 Rock left to left, turn a ¼ turn right replacing weight onto right
7&8 Shuffle ½ turn right stepping left-right-left

BACK ROCK, RIGHT SHUFFLE, STEP TURN, CROSS SHUFFLE

1-2 Rock back on right, replace weight onto left
3&4 Step right forward, close left beside right, step right forward
5-6 Step left forward, pivot ¼ turn right
7&8 Cross left over right, step right to right, cross left over right

SIDE ROCK, BEHIND SIDE, CROSS, SIDE ROCK, SAILOR ¼ TURN LEFT

1-2 Rock right to right, replace weight onto left
3&4 Cross right behind left, step left to left, cross right over left
5-6 Rock left to left, replace weight onto right

7&8

Cross left behind right, step right into $\frac{1}{4}$ turn left, step forward left

Contact: highslappincowboy@hotmail.com
