

Beneath it All

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Amy Glass (USA) - October 2014
音樂: Try - Colbie Caillat : (iTunes)



#16 count intro; dance starts on lyrics; 2 restarts (sequence: 32, 32, 16, 32, 32, 32,16, 32, 13)

[1-8] □ Step L/Sweep R, Cross, Side, Step Back R/Sweep L, Vine with ¼ R, Run, Run, Press, Back

- 1 Step slightly forward on L while sweeping R from back to front
- 2& Cross R over L, Step L to L
- 3 Step back on R while sweeping L from front to back
- 4&5 Step L behind R, step R to R side, Step forward L while turning ¼ R
- 6&7 Quick runs forward R, L, Press R forward while reaching L arm forward & R slightly back (3:00)
- 8& Recover weight on L, step R slightly back

[9-16] □ Cross, Back, Back x2, Run x2, Cross with ¾ R, L Basic, ¼ L Stepping Side, Behind, Side

- 1&2 Cross L over R, Step back on R, Step back on L
- &3 Cross R over L, Step back on L
- &4& Run R, L, Cross R over L, turning ¾ R. Take these steps in a circular pattern on the floor (12:00)
- 5-6& [Nightclub basic] Big step to L, rock back R, cross L over R
- 7-8& Turn ¼ L while taking big step to R, step L behind R, step R to R side (9:00)

[17-24] □ Diamond Turn to R (on Diagonals)

- 1-2& Step forward L (toward 10:30), Forward R, Step back L while turning ¼ R (1:30)
- 3-4& Step back R, Back L, Forward R while turning ¼ R (4:30) * think of this as a coaster
- 5-6& Step forward L, forward R, back L while turning ¼ R (7:30)
- 7-8& Step back R, Step Back L squaring up to 9:00 wall, Side R

[25-32] □ Hook, Unwind ¾ R with R Sweep, Vine L, Rock L, Full turn Walk Around (R, L, R, L, R)

- 1-2 Hook L in front of R, unwind ¾ to face 6:00 wall while sweeping R (front to back)
- 3&4& Cross R behind L, L to L side, Cross R over L, Rock L to L side
- 5-6-7 Make *nearly* a full turn right walking around in a tight circle stepping R, L, R
- 8& Complete the full turn stepping L, R (6:00)

Restarts: Walls 3 and 7.

Dance the first 14 counts, and remove the ¼ turn L in counts 15-16& and Restart the dance after stepping side (15), behind (16), side (&).

You will start wall 3 facing 12:00 and will Restart facing 12:00.

You will start wall 7 facing 6:00 and will Restart facing 6:00.

Ending: The dance will end on the lyric "You" (count 13 of the dance) as you've completed the ¾ turn R arc to face the 12:00 wall, weight on the left foot.

Listen to the lyrics. This song offers a fantastic message to all!

Contact: amyleeane@gmail.com

Last Update - 6th Dec 2014