

# Like A Phoenix

拍數: 48      牆數: 4      級數: Intermediate / Advanced  
編舞者: Rhoda Lai (CAN) - March 2015  
音樂: Phoenix - Molly Sandén : (iTunes)



Intro: 16 counts □ - Note: 1 Restart in Wall 3

**S1: □ Press L/recover sweep, Anchor Step, ¼ R/point L, ¼ L, ½ L ½ L, R Forward Rock/recover**

1 2      Press forward L, recover onto R while sweeping L from front to back  
3&4      Step on the ball of L behind R, recover onto R, Step down L  
&5      ¼ R step R to R side, point L to L side (3:00)  
6      ¼ L step down L □ (12:00)  
7&8&      ½ L stepping R back, ½ L stepping L forward, rock forward R, recover onto L

**S2: □ Back R/ together L, Heel turn ½ L, Tippy-toes, Fwd R, L Mambo, R Coaster, Fwd Lock Shuffle, Sweep**

1 2      Step back R, step L beside R  
&      With weight on heels of both R & L, make ½ L by raising the balls of both feet □ (6:00)  
3 4      Lift on the ball of both feet with ending weight on L (like tippy-toes), step forward R  
5&6      Rock L forward, recover onto R, step back L  
7&8      Step back R, step L beside R, step forward R (beginning of forward lock shuffle)  
&1      Lock L behind R, step forward R while sweeping L from back to front

**S3: □ Turning Weave, R Cross rock, Side rock, Behind - ¼ L- Forward**

2&3      Cross L over R, ⅛ L stepping back R, step back L  
&4      Step back R, ⅛ L stepping forward L (3:00)  
5&6&      Cross R over L, recover onto L, rock R to the side, recover onto L  
7&8      Step R behind L, ¼ L stepping L forward, step forward R (12:00)

**S4: □ (Step Forward L Pivot ½ R) X 3, Forward L, (Turning Step Touch) x 3, ⅛ L, Together**

1&2&      Step forward L, pivot ½ R, step forward L, pivot ½ R, (Easy option: L rocking chair)  
3&4      Step forward L, pivot ½ R, step forward L □ (6:00)  
5&      ⅛ L stepping R to the side (4:00), touch L beside R  
6&      ¼ L stepping L to the side (1:00), touch R beside L,  
7&      ¼ L stepping R to the side (11:00), touch L beside R  
8&      ⅛ L stepping L to the side, step R beside L □ (9:00)

\*\*\*Restart here during 3rd Wall, see below

**S5: □ ¼ L Lock Shuffle, ½ R Lock Shuffle, ½ L, Step Pivot ½ L, Cross-side-heel-together**

1&2      ¼ L stepping forward L, step R behind L, step forward L (6:00)  
3&4      ½ R stepping forward R, step L behind R, step forward R (12:00)  
5&6      ½ L stepping forward L, step R forward, pivot ½ L  
7&8&      Cross R over L, step L to L, tap R heel to R diagonal, step R in place

**S6: □ Cross L, Big Step R, Drag L, Sway LR, ¼ L, Step Pivot ½ L, Spiral full turn L, Run L R**

1&2      Cross L over R, take a big step to the R, drag L heel towards R  
3&4      Sway upper body to L, R, ¼ L stepping forward L (9:00)  
5 6      Step forward R, pivot ½ L □ (3:00)  
7&8      Step R forward while making a spiral full turn L, step forward L, R

\*\*\*Restart: on Wall 3, restart the dance after S4 facing 3:00

Special thanks to Fake In Line for giving me the opportunity to teach in my first European dance workshop in Sweden.

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