

Extreme Love

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Niels Poulsen (DK) - August 2015
音樂: Like I'm Gonna Lose You (feat. John Legend) - Meghan Trainor



Intro: Start on very first beat in music!!!... Start with weight on L.

NOTE: Alternative start is to start AFTER the first step of your rock step.

This means you start with the weight on R being ready to recover back on L on count 2 of the dance.

No matter what: listen carefully to the music

Restart: On wall 5 (starts facing 12:00), after 16 counts. Though facing 10:30 you restart facing 12:00

NOTE: Many of the '&' counts should be executed with a slight hesitation making them 'a' counts.

However, feel free to teach the dance with & counts. Just listen to the music, the beats in the music are fairly easy to hear...

[1 – 8] Cross rock R & L, ¼ L, ½ L sweep, behind side fwd with sweep, beginning of weave

1 – 2& Cross rock R over L (1), recover back on L (2), step R a small step to R side (&) 12:00
3 – 4& Cross rock L over R (3), recover back on R (4), turn ¼ L stepping fwd on L (&) 9:00
5 Turn ½ L stepping back on R and sweeping L out to L side (5) 3:00
6&7 Cross L behind R (6), step R to R side (&), step fwd on L sweeping R fwd (7) 3:00
8& Cross R over L (8), step L to L side (&) 3:00

[9 – 16] Touch behind, unwind ¾ turn R, step turn step, step ½ L X 3, sweep 1/8 L, run R L

1 – 2 Touch R behind L (1), unwind ¾ turn R onto R (2) 12:00
&3 – 4 Step fwd on L (&), turn ½ R onto R (3), step fwd on L (4) 6:00
&5&6&7 Step R fwd (&), turn ½ L onto L (5), step R fwd (&), turn ½ L onto L (6), step R fwd (&), turn ½ L onto L continuing to turn 1/8 L on L sweeping R fwd (7) 10:30
8& Run R fwd (8), run L fwd (&) * Restart here on wall 5 (squaring up to 12:00 when restarting) 10:30

[17 – 24] Rock R fwd, ball point back, L full turn back, L back rock, 1/8 R into L vine ¼ L

1 – 2 Rock fwd on R (1), recover back on L (2) 10:30
&3 – 4& Step back on R (&), point L back (3), turn ½ L fwd on L (4), turn ½ L back on R (&) 10:30
5 – 6 Rock back on L (5), recover fwd to R (6) 10:30
&7 – 8 Turn 1/8 R stepping L to L side (&), cross R behind L (7), turn ¼ L stepping L fwd (8) 9:00

[25 – 32] Step ½ L, cross tap sweep, behind side, cross point R & L, cross sweep L, cross side

&1 Step fwd on R (&), turn ½ L onto L sweeping R fwd at the same time (1) 3:00
2&3 Cross R slightly over L (1), tap L behind R (&), recover back on L sweeping R to R side (3) 3:00
4& Cross R behind L (4), step L to L side (&) 3:00
5&6& Cross point R over L (5), step R to R side (&), cross point L over R (6), step L to L side (&) 3:00
7 – 8& Cross R slightly over L sweeping L to L side (7), cross L over R (8), step R to R side (&) 3:00

[33 – 41] L back rock, side L, R back rock, ¼ L, L back rock, ½ R, R back rock, L full turn

1 – 2& Rock back on L (1), recover to R (2), step L to L side (&) 3:00
3 – 4& Rock back on R (3), recover to L (4), turn ¼ L stepping back on R (&) 12:00
5 – 6& Rock back on L (5), recover to R (6), turn ½ R stepping back on L (&) 6:00
7 – 8 Rock back on R (7), recover to L (8) 6:00
&1 Turn ½ L stepping back on R (&), turn ½ L stepping L fwd and sweeping R fwd (1) 6:00

[42 – 48] R twinkle, L weave, R side rock into L rolling vine

2&3 Cross R over L (2), rock L to L side (&), recover to R (3) 6:00
4&5 Cross L over R (4), step R to R side (&), cross L behind R (5) 6:00
6 Rock R to R side and slightly rotating upper-body to R side to prepare for L rolling vine (6)
6:00
7 – 8& Recover to L turning $\frac{1}{4}$ L onto L (7), turn $\frac{1}{2}$ L stepping back on R (8), turn $\frac{1}{4}$ L stepping L to L
side (&) 6:00

START AGAIN

Ending When completing wall 6 turn another $\frac{1}{2}$ L on L stepping R to R side, now facing [12:00]

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