

Bringing It All Back

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Stephen & Lesley McKenna (SCO) - September 2015
音樂: Feel the Light - Jennifer Lopez : (Album: Home Soundtrack)



Intro: 16 counts after the piano intro, heavy beat and on the word GO when she sings 'Here I Go'. Please note this track has a really long intro, we have edited our track to start at 1:10 secs.

Section 1: □ L cross rock, recover sweep, behind side cross, 1/4 L sweep, behind point hitch step touch

1-2 Cross rock left over right, recover right sweeping left out
3&4 Step left behind right, step right to right side, cross left over right
5-6 Turn 1/4 L stepping on right whilst sweeping left out, step left behind Right (9 O'Clock)
&7&8 Point right toe to right side, hitch right knee towards left, step Forward right, touch left toe next to right

Section 2: □ Step L, full triple turn L, Step L, diagonal back R L, 1/4 R side touch

1-2& Step forward left, turn 1/4 L stepping small step right, turn 1/2 L Stepping small step left
3-4 Turn 1/4 L stepping small step right, step forward left (9 O'Clock)
5-6 Step right back diagonal right allowing left foot to naturally slide next To right, step left back diagonal left allowing right foot to naturally Slide next to left
7-8 Turn 1/4 R stepping right big step to right side, touch left toe next to right (12 O'Clock)

Section 3: □ Step L, 1/2 L, step back L, R back lock back, 1/2 L hitch point, bump down & up

1&2 Step forward left, turn 1/2 L stepping back on right, step back left (6 O'Clock)
3&4 Step back right, cross left over right, step back right
5&6 Turn 1/2 L stepping left, hitch right knee up, point right toe to right Side pushing right hip up and out to right side
&7&8 Relax right hip , bump to right down to right side, relax right hip, Bump up to right side (12 O'Clock)

Section 4: □ R sailor 1/2 R, cross 1/4 L side, runs R L R forward, hitch, runs back L R L R

1&2 Step right behind left, turn 1/4 right stepping left, turn 1/4 right Stepping right to right side (6 O'Clock)
3&4 Cross left over right, turn 1/4 left stepping on right, step left next to right (3 O'Clock)
5&6& Run forward right, left, right, hitch left knee as you raise your right Heel to lift your body higher (like standing on tip toes)
7&8& Run back left, right , left , right

Enjoy!

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