

Recovering

拍數: 48 牆數: 2 級數: Easy Intermediate
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音樂: Recovering - Céline Dion



[1-6] : Step forward – Slow Kick – ½ turn Basic

1-2-3 Step LF forward in the diagonal (1.30) - Raise right leg slowly like a kick forward on counts 2-3
4-5-6 Step RF backward – Make ½ turn L stepping LF forward – Step RF forward (7.30)

[7-12] : -1/8 turn Sweep – Cross – ¼ turn Step Back – ¼ turn Step Side

1-2-3 Make 1/8th turn L stepping LF forward – Make a sweep with RF on counts 2-3 (6.00)
4-5-6 Cross RF over LF – Make ¼ turn R stepping LF backward – Make ¼ turn R stepping RF to R (12.00)

[13-18] : Lunge – Recover – Step together – Step Back

1-2-3 Cross LF over R – Transfer weight to L bent leg with free R leg extended on counts 2-3 (face diagonal : 1.30)
4-5-6 Recover on RF – Drag LF towards RF – Step LF next to RF (1.30)

[19-24] : Rock Back – Recover – Hold – ½ turn Step Back

1-2-3 Step RF backward – Transfer weight to RF on counts 2-3 (1.30)
4-5-6 Recover on LF – Hold – Make ½ turn L stepping RF backward (7.30)

[25-30] : ½ turn Step forward – 1/8th turn Sweep RF – Cross – Side - Behind

1-2-3 Make ½ turn L stepping forward (1.30) – Make 1/8th turn L with sweep RF on counts 2-3 (12.00)
4-5-6 Cross RF over LF – Step LF to L – Cross RF behind LF

[31-36] : Side Rock - Triple Step

1-2-3 Step LF to L – Transfer weight to LF on counts 2-3
4-5-6 Recover on RF – Step LF next to RF – Step RF to R

[37-42] : ½ Diamond shape with forward & back basics

1-2-3 Cross LF over RF – Making 1/8th turn L stepping RF backward – Step LF backward (10.30)
4-5-6 Step RF backward – Step LF to L – Making 1/8th turn L stepping RF forward (7.30)

[43-48] : Step ½ turn and keep weight on L – Recover on R – Step ½ turn

1-2-3 Step LF forward – Make ½ turn R and keep weight on L on counts 2-3 (1.30)
4-5-6 Recover on R – Step LF forward – Make ½ turn R and transfer weight on R (7.30)

Tag 1 : After wall 3, facing 6.00, do this 12 counts :

Tag2 : After wall 7, facing 12.00, do this first 6 counts :

[1-6] : Step forward – Slow Kick – Step backward – Point – Hold

1-2-3 Step LF forward in the diagonal (1.30) - Raise right leg slowly like a kick forward on counts 2-3
4-5-6 Step RF backward – Point L toe backward – Hold

[7-12] : Step forward – Step ½ turn – Step forward – Drag

1-2-3 Step LF forward – Step RF forward – Making ½ turn L and put weight on L
4-5-6 Step RF forward – Slide LF towards RF

Have fun and don't forget, Life Is A Dance !

