

Therapy

拍數: 64 牆數: 0 級數: Phrased Intermediate
編舞者: Karen Hannaford (NZ) & Phoenix Adamson (NZ) - September 2017
音樂: Therapy - Brooke Fraser : (Album: Therapy)



Sequence: ABA ABA ABA A(8counts to finish)

Intro : 36 counts

PART A: 32 counts

A[1-8] SIDE, BEHIND, ¼, FWD, ½, ¼, BEHIND, ¼, FWD, ½.

- 1,2&, Step R to side, cross L behind right, turn ¼ right and step R fwd - 3:00
3,4 Step L fwd, pivot ½ right taking weight on R. - 9:00
5,6&, Turn ¼ right and step L to side, cross R behind left. Turn ¼ left and step L fwd - 9:00
7,8 Step R fwd, pivot ½ left taking weight on L - 3:00

A[9-16] ½,BEHIND-SIDE-CROSS, RECOVER-SIDE-FWD, ½-TOG-FWD, ½-TOG

- 1,2&3 Turn ½ left stepping back on the R sweeping L to the back, cross L behind right, step R to side, cross L over - 9:00
4&5 Recover weight on R, step L to side, step R fwd - 9:00
6&7 Pivot half left taking weight on L, step R tog, step L fwd - 3:00
8 Pivot ½ right taking weight on R - 9:00

A[17-24] SPIRAL, FWD, ¼, ROCK BACK, RECOVER, SIDE, BEHIND-SIDE

- 1,2,3 Step L fwd hitching R and turn full turn right, step R fwd, turn ¼ right and step L to side - 12:00
4&5 Rock R back behind left, recover weight on L, step R to side - 12:00
6&7 Step L behind right, step R to side, cross L over right - 12:00
8 Turn 1/8 right and step R fwd to the 1:30 corner - 1:30

A[25-32] WALK L-R, 3/8 PIVOT, FWD, ¼, ½, FWD, ¼ PIVOT

- 1,2, Step L fwd and across right, step R fwd and across left - 1:30
3&4 Step L fwd, pivot 3/8 right taking weight on R, step L fwd - 6:00
5,6, Turn ¼ left stepping R back, turn ½ left stepping L fwd - 9:00
7,8 Step R fwd, Pivot ¼ left taking weight on L - 6:00

PART B: 32 counts

B[1-8] CROSS SAMBA, CROSS - ¼- LOCK, BACK, ½, SIDE SHUFFLE

- 1&2 Cross R over left, step L to side, recover weight on R - 6:00
3&4 Cross L over right, turn ¼ left stepping R back, cross (lock) L over right - 3:00
5,6 Step R back, Turn ½ left stepping L fwd - 9:00
7&8 Step R to side, step L tog, step R to side - 9:00

B[9-16] BACK ROCK, RECOVER, ¼-LOCK-BACK, ½, ½, COASTER

- 1,2 Rock L back behind right, recover weight on R - 9:00
3&4 Turn ¼ right and step back on L, cross(lock) R over left, step L back - 12:00
5,6 Turn ½ right and step R fwd, turn ½ right and step L back - 12:00
7&8 Step R back, step L tog, step R fwd - 12:00

B[17-24] ¼ HIPS LRL, ½ HIPS RLR, CROSS ROCK, RECOVER, ¼ SHUFFLE

- 1&2 Turn ¼ right stepping L to side and bumping hips LRL - 3:00
3&4 Turn ½ right stepping R to side and bumping hips RLR - 9:00
5,6,7&8 Cross rock L over right, recover weight on R, step L to side, step R tog, turn ¼ left stepping L fwd - 6:00

B[25-32] ½, ½, FWD, ½ PIVOT, FWD, ROCK FWD, RECOVER, TOG, ROCK BACK, RECOVER

1,2 Turn ½ left stepping R back, turn ½ left stepping L fwd, - 6:00

3&4 Step R fwd, pivot ½ left taking weight on L, step R fwd - 12:00

5,6&7,8 Rock fwd L, recover weight to R, step tog, rock back on R, recover weight to L - 12:00

FINISH – Dance the first 7 counts of A and pivot ¼ left to the front on count 8.

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