Please Stay

拍數: 32

級數: Intermediate

編舞者: Ria Vos (NL) - November 2017

Intro: Dance starts almost right away, after the organ tune

音樂: Please Stay - Bryan Adams : (Album: Ultimate)

Cross with Sweep, Weave R, Sweep, Behind, ¼ L, Spiral Full Turn L, Run-Run, Rock Fwd, Step Back, Full Turn R with Sweep	
1-2&	Cross R Over L Sweep L from Back to Front, Cross L Over R, Step R to R Side
3-4&	Step L Behind R Sweep R from Front to Back, Step R Behind L, ¼ L Step Fwd on L

- 5 Step Fwd on R and Spiral Full Turn L on R foot
- 6& 'Run' Fwd L-R
- 7&8 Rock Fwd on L, Recover on R, Step Back on L
- &1 ¹/₂ Turn R Step Fwd on R, ¹/₂ Turn R Step Back on L Sweeping R from Front to Back

Behind Side, Cross, Tap, Step Back, Together, Weave R with Hitch ¼ L, Cross Rock, Step 1/2 R Hitch

- 2& Step R Behind L, Step L to L Side
- 3&4 Cross R Over L, Tap L Behind R Heel, Step Back on L
- &5& Step R Next to L, Cross L Over R, Step R to R Side
- 6&7 Step L Behind R, Step R to R Side, Cross L Over R and Hitch R into ¼ Turn L
- 8&1 Cross Rock R Over L, Recover on L, Cross R Over L and Hitch L into ½ Turn R

Cross Rock, Step Sweep, Cross, Side, Rock Behind, Full Turn L into Basic R

- 2&3 Cross Rock L Over R, Recover on L, Cross L Over R Sweep R from Back to Front
- 4& Cross R Over L, Step L to L Side
- 5& Rock Back on R, Recover on L
- 6&7 ¹/₄ Turn L Step Back on R, ¹/₂ Turn L Step Fwd on L, ¹/₄ Turn L Step R to R Side
- 8& Step L Behind R, Cross R Over L

Side, Touch, Side, Touch, Basic L, ¼ R Step Fwd, ¾ R Point L, ¼ L Step Fwd Sweep ¼ L, Cross, Side

- 1&2& Step L to L Side, Touch R Next to L, Step R to R Side, Touch L Next to R
- 3-4& Step L to L Side, Step R Behind L, Cross L Over R
- 5-6 1/4 Turn R Step Fwd on R, 3/4 Turn R Point L to L Side
- 7-8& 1/4 Turn L Step Fwd on L Sweep R another 1/4 Turn L, Cross R Over L, Step L to L Side

Ending: Music ends at 6:00 continue on the words 'Please Stay' with:

- 1-2& R Cross with Sweep, Cross L Over R, ¼ L Step Back on R
- 3 1/4 L Step L to L Side (12:00)

(Note: Match your steps to the rhythm of the words)

Contact: dansenbijria@gmail.com





牆數: 2