

Remember Home

拍數: 48 牆數: 2 級數: Advanced
編舞者: Johanna Barnes (USA) - September 2017
音樂: Remember Home (feat. Alessia Cara) - Sebastian Kole



(Clock notation begins on your start wall as 12:00. Each phrase will carry a new 12:00 start wall, ½ turn of the previous phrase.)

[1~6]: FORWARD, TOGETHER, BALANCE HOLD, BACK, BACK, BACK WITH R SWEEP

1, 2-3 L step forward (1); R step next to left (2); hold (3);
4, 5, 6 L step back (4); R step back (5); L step back, sweeping R clockwise, low from front to back (6)

[7~12]: WEAVE L, ¼ TURN L STEP- HOLD, ½ TURN R

1, 2, 3 R cross step behind L (1); L step to left side (2); R step across L (3);
4-5, 6 ¼ turn left onto L [9:00] (4); hold (5); ½ turn right onto R [3:00] (6)

[13~18]: ¼ OPEN TWINKLES x 2 (OR ¼ TOUCHES x 2)

1, 2-3 L step forward (slight cross) (1); make ¼ turn left [12:00], sway/rock R out to right side (2); return weight to L (3)
4, 5-6 R step forward (slightly cross) (4); make ¼ turn right [3:00], sway/rock L out to left side (5); return weight to R (6)

***Variation: If you feel compelled to be more still or quiet within the music, just touch out after the ¼ turns. You can cross more deeply on the forward steps as well.**

[19~24]: FORWARD CHECK STEP, BACK, SYNCOPATED R CHAÎNE TURN TO SIDE STEP, DRAW IN TO HOLD*

1, 2, 3 L deep step forward pushing into bent knee (1); return weight to R (2); L step back (3);
& 4 reach step ¼ right onto R [6:00] (&); make ½ turn right, closing L next to R (though slightly behind) [12:00] (4);
5, 6 make ¼ turn right, pushing out to step on and weight R [3:00] (5); draw L near to R (6)

***Option: you can also 'SAIL' through your chaîne turn, from count 4 on your L, turning through to landing on your R for count 6. This option truly connects with the 'feel' of the music.**

[25~30]: CROSS CHECK, 1/8 TO DIAGONAL, SMALL RUN, STOP-HOLD

1, 2, 3 L cross step forward (1); return weight to R (2) open 1/8 left, stepping forward on to L [2:00/ diagonal] (3);
&4, 5-6 R small quick step forward (&); L small quick step forward (4); 'catching yourself' stay weighted on L (5); hold (6)

[31~36]: SWAY, BACK STEP TO ¼ TURN PREP, ½ PASSE TURN RIGHT TO DIAGONAL

1-2, 3 sway back onto R, leading with and open to R shoulder (1); return weight onto L (2); R slight step in to L (3);
& 4-6 step back onto L (&); reach prep step ¼ turn right onto R [4:00/ diagonal] (4); draw L instep in to R inner calf, making ½ turn R [11:00/ diagonal] (5-6)

[37~42]: PREP STEP, L TUMBLE TURN*, R ½ SWEEP LEFT

1, 2 L prep step forward (1), ¼ left turn, stepping R out to right side* (2);
& 3 continue rotating ¼ left, stepping back onto L* (&); step back onto R* (3);
4, 5-6 reach ½ turn left stepping forward onto L [11:00/ diagonal] (4); continue rotating ½ turn left, while R makes a low sweep around from back to front [4:00/ diagonal] (5-6)

***This whole sequence drives and turns as you rotate through the steps. The step and turn direction is a guideline as you continue to rotate left and travel. For &3, try a slight hook behind or pencil (feet together) type turn, or even exchanging weight between heel to ball of foot.**

[43~48]: DEEP CROSS TWINKLE, SQUARE TO STEP FORWARD, STEP, STEP-HOOK FULL TURN, STEP FORWARD

- 1, 2, 3 R deep/reach step across L (1); L step out to left side, while rotating right, squaring to [6:00] (2); drawing R inward, step forward (3)
- &4, 5, 6 L step forward (&); rotating left, step R to right side ($\frac{1}{4}$) (4); tuck L behind R while still rotating left, pushing through from the R to the L ($\frac{3}{4}$) [6:00] (5); R step forward (6)

(BEGIN AGAIN, and most certainly DWYF!)

Styling note: This entire piece is about feeling. Express through your arms, your ribs, your smile, your body!

V3.0

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This step description is intended to be a guideline. Dance demos and visual references may be found on the DanceWhatYouFeel YouTube channel. <http://www.youtube.com/user/DanceWhatYouFeel>

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