

Able

拍數: 48 牆數: 2 級數:
編舞者: Harold Grimshaw (UK) - February 2018
音樂: Lifer - MercyMe : (Album: Even If)



CROSS POINTS with HOLDS, TURN, BACK HOLD, BACK DRAG HOLD

1-3 Left Cross, Point Right, Hold
4-6 Right Behind, Point Left, Hold
7-9 Left Cross, Right Back (1/4 Left), Hold
10-12 Left Back, Drag Right together (no weight), Hold

FWD TURN HOLD, BACK DRAG HOLD, FWD DRAG HOLD, FWD TURN HOLD

1-3 Right forward, Left back (1/2 Right), Hold
4-6 Right back, Drag Left together (no weight), Hold
7-9 Left Stride forward, Drag Right together, Hold
10-12 Right Stride forward, Twist 1/4 Left onto Left toes (Left Heel raised), Hold

****Restart here during Wall 9 facing Home wall**

SWAY TOUCHES with HOLDS, TURN HOLD, BACK HOLDS

1-3 Sway Left, Touch Right together, Hold
4-6 Sway Right, Touch Left together, Hold
7-9 Step Forward Left (1/4 Left), Step Side Right (1/4 Left), Hold
10-12 Left back, Hold, Hold

TURN SWEEP, CROSS POINT HOLD, BACK TOGETHER HOLD, STEP HEEL RAISE, HOLD

1-3 Right Forward (1/2 Right), Sweep Left around front of Right (Pivoting 1/2 Right over 2 Counts)
4-6 Left Cross, Point Right (facing Right diagonal forward), Hold
7-9 Right back, Left together, Hold (remain on diagonal)
10-12 Right diagonally forward (Long step), Raise Left Heel, Hold

TAG: *12 Count Tag here (end of Wall 4 facing Home wall) (facing Right diagonal forward)

PIVOT TURNS with HOLDS, FWD TOUCH HOLD, STEP HEEL RAISE, HOLD

1-6 Left forward, Pivot 1/2 Right (taking weight), Hold, Left forward, Pivot 1/2 Right (taking weight), Hold
7-9 Left forward, Touch Right together, Hold
10-12 Right forward (Long step), Raise Left Heel, Hold
