

The Future is Bright

拍數: 40 牆數: 2 級數: Phrased Intermediate
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音樂: Rattle - The Wandering Hearts : (Album: Wild Silence 2018 - iTunes & other mp3 sites - 3:30)



Restart in wall 3 after 16 counts, after - start again.

Introduction: 32 counts, start on approx; 16 sec.

Sequences: A, A, B, A, A 16, A, A, B, A, A, B, B, A, A, ending

Pattern A: 32 counts.

A 1. [1-8] Syncopated Side Rock R, Back & Recover, Small step with ¼ Turn L, Back with ½ Turn L with Sweep L, Sailor Step L.

- 1,2& Rock R to R (1), Recover back onto L (2), Step R beside L (&).
3,4 Step L back (R toe is up) & lean L while angling body 1/8 turn R (3), Recover back onto R (4).
5,6 Make ¼ turn L (9.00) step L slightly fwd (5), Make ½ turn L (3.00) step R slightly back and sweep L from front to back (6).
7&8 Step L behind R (7), Step R to R (&), Step L to L (8).

A 2. [9-16] Syncopated Fwd Rocks R, L, Step with ½ Turn L, ¼ Hitching Turn L, Big Step R with Drag & Together.

- 1,2& Rock R fwd (1), Recover back onto L (2), Step R beside L (&).
3,4 Rock L fwd (3), Recover back onto R (4).
5-8 Make ½ turn L (9.00) step L fwd (5), Continue a ¼ turn L (6.00) hitching R knee up (6).
7,8 Step R big to R (7) drag L towards R and step L beside R (8).

(NB: Restart here in wall 5 after 16 counts, after start again (facing 6 o'clock).

A 3. [17-24] Jump Both Feet Apart Small Back, Hold, & Cross, Hold, Heel Jack L with Arm Movement, Hold, Replace, Knee Lift R, Cross.

- &1,2 Jump both feet apart slightly back (&1), HOLD (2).
&3,4 Step L across R (&3), HOLD (4).
&5,6 Step R diagonal slightly back (&), Touch L heel diagonal forward (5), HOLD (6) (On the counts &5,6 push both hands together Fwd).
7,8 Step L back in place and lift R knee up while you pull both elbows backward with both fist to front on chest high (7), Step R across L (8).

A 4. [25-32] Back with ¼ Turn R, Side, L Shuffle Fwd, ½ Pivot Turn L, Back with ½ Turn L, Side with ¼ Turn L.

- 1,2 Make ¼ turn R (9.00) step L back (1), Step R to R (2).
3&4 Step L fwd (3), Step R beside L (&), Step L fwd (4).
5-6 Step R forward (5), Pivot ½ Turn L (3.00) onto L (6).
7,8 Make ½ turn L (9.00) step R back (7), Make ¼ turn L (6.00) step L to L (8).

Pattern B: 8 counts.

B 1. [1-8] Basic Nightclub R with ¼ Turn L, ¼ Turn L with Sweep R, Syncopated Weave L, Sweep L, Weave R with ¼ R Hitching Turn L, Step, Together.

- 1,2& Step R to R drag L (1), Step L beside R (2), Step R across L (&).
3 Make ¼ turn L (9.00) step L forward and sweep R from back to front (3).
4&5 Step R across L (4), Step L to L (&), Step R behind L and sweep L from front to back (5).
6&7 Step L behind R (6), Step R to R (&), Step L across and make ¼ turn L (6.00) and hitch R knee up (7).
8& Step R fwd (8), Step L beside R (&).

REPEAT DANCE AND HAVE FUN!!

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