The Dance We Shared

級數: Improver NC2S

編舞者: Lucia Clementi (USA) - August 2018

音樂: The Dance - Westlife

拍數: 32

Begin dance 8 counts from start of NC2S rhythm, on lyric "back".

**There is a Tag at the beginning of wall 3, facing 6:00. Dance the basic step (see basic step in Set 1) for 8 counts and start the dance again.

**There is a Restart on wall 5 at 12:00 after dancing 16 counts (see the end of Set 2). Thank you Joyce and Mike Shannon for all of your help!!!

Set 1 - Basic step R & L, grapevine, rock & cross

- 1,2& Slide R to the right side (1), rock L behind R (2), cross R over L (&) (12:00)
- 3,4& Slide L to the left side (3), rock R behind L (4), cross L over R (&) (12:00)
- 5,6&7 Step R to the right side (5), cross L behind R (6) step R to right side (&), cross L over R (7) (12:00)
- 8&1 Rock R to right side (8), recover L (&), cross R over L (1) (12:00)

Set 2 - Three step rolling turn, mambo w/1/2 turn x2, sweep

- 2&3 1/4 right turn stepping back on L (2) (3:00), 1/2 right turn R (&) (9:00), 1/4 right turn L (3) (12:00) (Even though this is a right turn, it travels to the left)
- 4&5 Rock R forward (4) (12:00), stepping back L with a 1/4 right turn (&) (3:00), step forward R with a 1/4 right turn (5) (6:00)
- 6&7 Rock L forward (6) (6:00), stepping back on R with a 1/4 left turn R (&) (3:00), step forward L with a 1/4 left turn (7) (12:00)
- 8& Sweep R (ronde) from back to front of L stepping on R (8), small step L to the left side (&) (12:00)

Restart here on wall 5

Set 3 - Back crosses, hip sways, three step rolling turn

- 1,2& Slide R to right side (1) (12:00), slide L at an 45 degree angle behind R traveling slightly backwards facing left diagonal (2) (10:30), cross R in front of L traveling slightly backwards facing left diagonal (&) (10:30)
- 3,4&5 Slide L to left side (3) (12:00), slide R at an 45 degree angle behind L traveling slightly backwards facing right diagonal (4) (1:30), cross L in front of R traveling slightly backwards facing right diagonal (&) (1:30), slide R to right side (5) (12:00)
- 6&7 Sway left hip to the left side (6), sway right hip to the right side (&), sway left hip to the left side (7) (weight on L) (12:00)
- 8&1 1/4 right turn on R (8) (3:00), 1/2 right turn L (9:00) (&), 1/4 right turn R (1) (12:00) (This turn travels to the right)

Set 4 - Mambo, sailor with 1/4 turn, step-lock-step, rock back, side

- 2&3 Step L forward (2), step R in place (&), step L back (3) (12:00)
- 4&5 Hook R behind L w/1/4 turn to right (4), step side L (&), step side R (5) (3:00)
- 6&7 Step forward L (6), step R behind L (&), step L forward (7) (3:00)
- 8& Rock back R (8), rock forward (&) (3:00)

Start the dance again.

Ending – Music slows down toward the end, but continue dancing. On the sixth wall, facing 6:00, dance all 32 counts, cross R over L, make a 1/2 left turn to face 12:00 and take a bow.





牆數:4

Enjoy!

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