A Living Prayer

Begin dance on vocals (8 counts in)

拍數: 32

級數: Intermediate / Advanced NC2S

編舞者: Emily Drinkall (USA) & Linda Powell - November 2018

音樂: A Living Prayer - Alison Krauss & Union Station

[1-8]: BASIC, CROSS ROCK, BASIC L, SYNCOPATED PIVOTS

- Step LF to side (1), close RF behind LF (2), cross LF over RF (&), Step RF to side 12&3
- 4& Cross LF over RF, recover weight onto RF
- 56& Step LF to side, close RF behind LF, cross LF over RF
- 7 Step RF 1/4 turn R stepping forward 3:00
- &8& 1/2 turn R stepping LF back, 1/2 turn R stepping LF forward, 1/2 turn R stepping LF back,

[9-16]: 1/2 DIAMOND FALLAWAY, SIDE, HOLD, FULL TURN LEFT

- 1/8 turn R step side with RF (facing 10:30) 1
- 2&3 Walk back L, R 4:30 facing 10:30 (2&), 1/8 turn L stepping LF to side 6:00 facing 9:00
- 1/8 turn L, walk forward RF, LF 7:30 (4&), 1/8 turn L stepping RF to side facing 6:00 4&5
- 67 Hold (67)
- 1/4 turn left stepping LF forward 3:00, 1/2 turn left stepping RF back 8&

[17-24]: RONDE, 1/2 TURN, WALK R, WALK L, SWAY R, SWAY L, SWAY R, FULL TURN LEFT

- 12 Keep rotating 1/4 turn left ronde left foot from front to back, cross LF behind R
- 3 Make 1/2 turn left putting weight onto LF 12:00
- 4& Walk R forward, walk L forward
- 567 Step RF to side as you sway R, L, R
- 8& 1/4 turn left stepping forward LF 9:00, 1/2 turn left stepping RF back

[25-32]: ARABESQUE, BACK WALK x2, 1/2 TURN SWEEP, SWEEP, CROSS

- 123 3/8 turn left stepping LF to side lift R foot off floor (alternate: lunge) 10:30
- 4& Walk back R slightly to 4:30, walk back L
- 3/8 turn R stepping R to 3:00 sweep L back to front as you continue another 1/4 turn to face 56 6:00
- 7 Step LF forward as you sweep RF back to front
- 8 Cross RF over LF

Tag: after wall 3

[1-8]: NIGHTCLUB BASIC L, R, CHECK R, L

- Side left, close RF behind LF, cross LF across RF 1 2&
- 3 4& Side right, close LF behind RF, cross RF across LF
- 56& Side LF, cross RF over LF, recover weight onto LF
- Side RF, cross LF over RF, recover weight onto RF 78&

Contact: linda@lindas3.com





牆數:2