

From A Distance

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Sobrielo Philip Gene (SG) - November 2018
音樂: From A Distance by Betty Midler



Intro: 16 counts , @ 0.15sec (On Vocals)

[1-8] SIDE ROCK BACK RECOVER, ¼ RIGHT DRAG, RUN SWEEP BEHIND SIDE ¼ HITCH STEP LOCK

- 1-2& Step right to right (1), rock left behind right (2), recover weight onto right (&)
3-4& Making ¼ right step left back dragging right towards left (3), step right back (4) step left back (3:00)
5-6& Step right back and sweep left forward to back (5), step left behind right (6), step right to right (&)
7&-8& Step left forward (7) making ¼ left hitch right (&), step right forward (8), lock left behind right(&)(12:00)

Restart on wall 6 (replace count 8 with a touch)

[9-16] STEP SWEEP, FRONT SIDE BEHIND SWEEP, BEHIND ¼ SPRIL ¾, SIDE ROCK CROSS, BEHIND

- 1-2 Step right forward and sweep left back to front (1), cross left over right (2),
&3-4 Step right to right (&), step left behind right and sweep right front to back (3)
4&5 Step right behind left (4) make ¼ left step left forward (&), step right forward (5)(9:00)
& Making ¾ left pivot and hitch left (&)(12:00)
6&7 Rock left to left (6), recover weight onto right (&) cross left over right (7)
8& Step right to right (8), step left behind right (&)(12:00)

[17-24] ¼ FORWARD, PIVOT TURN STEP, FULL TURN, ROCK RECOVER ½, ROCK RECOVER 1/2

- 1-2&3 Make ¼ right step right forward (1), step left forward (2) turn ½ right (&), step left forward (3)(9:00)
4& Make ½ left step right back (4) make ½ left step left forward (&)
5-6& Rock right forward (5), recover weight onto left (6), make ½ right step right forward (&) (3:00)
7-8& Rock left forward (7), recover weight onto right (8) make ½ left step left forward (&) (9:00)

[25-32] ¼ SIDE, SAILOR STEP, BEHIND ¼ STEP, PIVOT ½ FULL TURN PIVOT 1/2

- 1 Make ¼ left step right to right (1), (dragging left toward right) (6:00)
2&3 Step left behind right (2), step right slightly to right (&), step left to left (3)
4& Step right behind left (4), make ¼ left step left forward (&) (3:00)
5-6 Step right forward (5), pivot ½ left (6) (9:00)
7& Make ½ left step right back (7), make ½ left step left forward (&),
8& Step right forward (8) pivot ½ left (&) (weight on left)(3:00)

Optional: on count 7& can be replace with 2 walks forward right left

Tag : After wall 2 (6:00) 4 count tag

- 1-4 Hip sway R, L, R, L

Restart: On wall 6 dance do counts 1-7 on the first 8 and replace count 8 with touching right beside left.

Contact: sphilipg@hotmail.com