

Dry My Soul

拍數: 96 牆數: 1 級數: Phrased Intermediate
編舞者: Malene Jakobsen (DK) - March 2019
音樂: Dry My Soul - Amanda Jenssen : (Single - iTunes)



Intro: 24 counts, 15 sec. seconds into track, dance begins with weight on L

Tag : There is an 8 count tag the after the second time you dance B

Phrasing : ABC short A B TAG C ABC with ending

PART A : 32 counts

A[1-8] R mambo, back lock, rock 1/4 cross, point touch point

1&2 (1) Rock fwd. on R, (&) recover onto L, (2) step back on R 12.00
3&4 (3) Step back on L, (&) lock R across L, (4) step back on L 12.00
5&6 (5) Turn 1/4 R rocking R to R, (&) recover onto L, (6) cross R over L 3.00
7&8 (7) Point L to L, (&) touch L next to R, (8) point L to L 3.00

A[9-16] L sailor, behind, 1/4, step, 1/2, 1/2

1&2 (1) Cross L behind R, (&) step R to R, (2) step L to L 3.00
3&4 (3) Cross R behind L, (&) turn 1/4 L stepping fwd. on L, (4) step fwd. on R 12.00
5-6 (5) Step fwd. on L, (6) turn 1/2 R 6.00
7-8 (7) Step fwd. on L, (8) turn 1/2 R 12.00

NOTE This is where short A ends and goes into B

A[17-24] L mambo, back lock, rock 1/4 cross, point touch point

1&2 (1) Rock fwd. on L, (&) recover onto R, (2) step back on L 12.00
3&4 (3) Step back on R, (&) lock L across R, (4) step back on R 12.00
5&6 (5) Turn 1/4 L rocking L to L, (&) recover onto R, (6) cross L over R 9.00
7&8 (7) Point R to R, (&) touch R next to L, (8) point R to R

A[25-32] R sailor, behind, 1/4, step, fwd. rock, R coaster

1&2 (1) Cross R behind L, (&) step L to L, (2) step R to R 9.00
3&4 (3) Cross L behind R, (&) turn 1/4 R stepping fwd. on R, (4) step fwd. on L 12.00
5-6 (5) Rock fwd. on R, (6) recover onto L 12.00
7&8 (7) Step back on R, (&) step L next to R (8) step fwd. on R 12.00

PART B : 32 counts

B[1-8] Charleston, lock step, 1/4, cross

1-2 (1) Step fwd. on L, (2) sweep R round to touch fwd. 12.00
3-4 (3) Sweep R back and step back on R, (4) sweep L round to touch back 12.00
5&6 (5) Step fwd. on L, (&) lock R behind L, (6) step fwd. on L 12.00
7&8 (7) Step fwd. on R, (&) turn 1/4 L, (8) cross R over L 9.00

B[9-16] Side, together, shuffle, side touches, side together, fwd.

1-2-3&4 (1) Step L to L, (2) step R next to L, (3) step fwd. on L, (&) step R next to L, (4) step fwd. on L 9.00
5&6& (5) Step R to R, (&) touch L next to R, (6) step L to L, (&) touch R next to L 9.00
7&8 (7) Step R to R, (&) step L next to R, (8) step fwd. on R 9.00

B[17-24] Mambo 1/4, samba step, cross & heel & cross & heel &

1&2 (1) Rock fwd. on L, (&) recover onto R, (2) turn 1/4 L stepping L to L 6.00
3&4 (3) Cross R over L, (&) rock L to L, (4) recover onto R 6.00
5&6& (5) Cross L over R, (&) step R to R, (6) touch L heel diagonally L, (&) step L next to R 6.00
7&8& (7) Cross R over L, (&) step L to L, (8) touch R heel diagonally R, (&) step R next to L 6.00

B[25-32] Cross, back, shuffle 1/2, syncopated rocking chair, walk walk

- 1-2 (1) Cross L over R, (2) step back on R 6.00
3&4 (3) Turn 1/2 L stepping fwd. on L, (&) step R next to L, (4) step fwd. on L 12.00
5&6& (5) Rock fwd. on R, (&) recover onto L, (6) rock back on R, (&) recover onto L 12.00
7-8 (7-8) Walk fwd. R, L

PART C Footwork**C[1-8] Out out, back, coaster cross, side, behind, side, cross shuffle**

- &1-2 (&1) Step out out R, L, (2) step back on R 12.00
3&4 (3) Step back on L, (&) step R next to L, (4) cross L over R 12.00
&5-6 (&) Step R to R, (5) cross L behind R, (6) step R to R 12.00
7&8 (7) Cross L over R, (&) step R to R, (8) cross L over R 12.00

C[9-16] 1/4 Out out, back, coaster cross, side, behind, side, cross shuffle

- &1-2 (&1) Turn 1/4 R and step out out R, L, (2) step back on R 3.00
3&4 (3) Step back on L, (&) step R next to L, (4) cross L over R 3.00
&5-6 (&) Step R to R, (5) cross L behind R, (6) step R to R 3.00
7&8 (7) Cross L over R, (&) step R to R, (8) cross L over R 3.00

C[17-24] 1/4 Out out, back, coaster cross, side, behind, side, cross shuffle

- &1-2 (&1) Turn 1/4 R and step out out R, L, (2) step back on R 6.00
3&4 (3) Step back on L, (&) step R next to L, (4) cross L over R 6.00
&5-6 (&) Step R to R, (5) cross L behind R, (6) step R to R 6.00
7&8 (7) Cross L over R, (&) step R to R, (8) cross L over R 6.00

C[25-32] 1/4 Out out, back, coaster cross, side, behind, 1/4, shuffle

- &1-2 (&1) Turn 1/4 R and step out out R, L, (2) step back on R 9.00
3&4 (3) Step back on L, (&) step R next to L, (4) cross L over R 9.00
&5-6 (&) Step R to R, (5) cross L behind R, (6) turn 1/4 stepping fwd. on R 12.00
7&8 (7) Step fwd. on L, (&) step R next to L. (8) step fwd. on L 12.00

TAG: Ball, fwd. rock, 1/2, 1/2, walk walk

- &1-2-3 (&) Step fwd. on R, (1) rock fwd. on L, (2) recover onto R, (3) turn 1/2 L stepping fwd. on L
4& (4&) Walk fwd. R, L
5-6-7 (5) Rock fwd. on R, (6) recover onto L, (7) turn 1/2 R stepping fwd. on R
8 (8) Step fwd. on L

ENDING: Last time you dance part C dance up to count 13 (& behind) in section 1 and do this:

(6) Turn 1/4 R stepping fwd. on R taking you to 6.00, (7) step fwd. on L, (8) turn 1/2 R, (1) step fwd. on L and finish at 12.00

Contact: lovelinedance@live.dk

Last Update - 28 March 2019
