

My Song

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sophie Ruhling (FR) - April 2019
音樂: My Song (feat. Sam Palladio, Jonathan Jackson & Clare Bowen) - Nashville Cast



#32 count intro (start on lyrics + music) – CCW - 1 RESTART

SECT.1 : TRIPLE STEP R FWD, L HEEL, HITCH L WITH SLAP R HAND, L HEEL, COASTER STEP L BACK, STEP 1/2 TURN L, WALK R

1&2 walk R, walk L beside R, walk R
3&4 dig L heel fwd, hitch L and slap R hand, dig L heel fwd
5&6 back L, back R beside L, walk L
7&8 walk R, 1/2 turn L (weight on L), walk R (6.00)

SECT.2 : TRIPLE STEP L FWD, R HEEL, HITCH R WITH SLAP L HAND, R HEEL, COASTER STEP R BACK, STEP 1/2 TURN R, WALK L

1&2 walk L, walk R beside L, walk L
3&4 dig R heel fwd, hitch R and slap L hand, dig R heel fwd
5&6 back R, back L beside R, walk R

***ending here wall 8 (12.00)**

7&8 walk L, 1/2 turn R (weight on R), walk L (12.00)

SECT.3 : TRIPLE STEP R FWD R DIAGONAL, TRIPLE STEP L FWD L DIAGONAL, STEP R, CLAP, STEP L, CLAP, RUN BACK X3

1&2 walk R to R diagonal, walk L beside R, walk R to R diagonal
3&4 walk L to L diagonal, walk R beside L, walk L to L diagonal

***restart here wall 5 (12.00)**

5&6& step R slightly to R diagonal, clap hands, walk L slightly to L diagonal, clap hands
7&8 back R, back L, back R (run)

SECT.4 : TRIPLE STEP 1/2 TURN L, TRIPLE STEP 1/2 TURN L, BACK L, BACK R, SAILOR STEP L WITH 1/4 TURN L

1&2 1/4 turn L step L to L side, step R beside L, 1/4 turn L walk L (6.00)
3&4 1/4 turn L step R to R side, step L beside R, 1/4 turn L back R (12.00)
5-6 back L, back R
7&8 cross L behind R, 1/4 turn L step R to R side, step L to L side (9.00)