

Dying Inside

拍數: 32 牆數: 4 級數: Improver
編舞者: Thomas C. Tam (CAN) - June 2019
音樂: (Dying Inside) To Hold You - Timmy Thomas



Intro: 56 counts

SECTION I [1 – 8] SIDE, BEHIND SIDE CROSS, ¼ LEFT, ¼ LEFT TURN SHUFFLE, CROSS, RECOVER

1 2&3 Step R to right, step L behind R, step R to right, cross L over R
4 Turn ¼ left stepping R back (9:00)
5&6 Turn ¼ left stepping L, step R next to L, step L to left (6:00)
7-8 Cross R over L, recover on L

SECTION II [9 – 16] ¼ RIGHT TURN SHUFFLE, CROSS, POINT, BEHIND TURN FORWARD, HOP BALL HOLD

1&2 Step R to right, step L next to R, turn ¼ stepping R forward (9:00)
3-4 Cross L over R, touch R diagonally forward (10:30)
5&6 Step R behind L, turn ¼ left stepping L slightly forward, step R forward (6:00)
&7-8 Hop L forward, touch ball of R next to L, hold

Section III [17 – 24] BACK CROSS BACK SIDE, ¼ RIGHT TURN JAZZ BOX

1-2 Step R back, cross L over R
3-4 Step R back, step L to left
5-6 Cross R over L, turn ¼ right stepping L back (9:00)
7-8 Step R to right, cross L over R

(** Restart after Wall 2 facing 3:00 and after Wall 5 facing 9:00 **)

Section IV [25 – 32] FULL TURN LEFT, ROCKING CHAIR, HEEL BALL CROSS

1-2 Turn ½ left stepping R back, turn ½ left stepping L forward
3-4 Rock R forward, recover on L
5-6 Rock R back, recover on L
7&8 Touch R heel forward, step ball of R next to L, cross L over R

Tag: There is a 4-count Tag at end of Wall 8 facing the front wall

1-4 Step R to right, slide L next to R, step L to left, slide R next to L

Ending: On 10th Wall (facing 9:00), dance up to count 28 in Section IV, touch R behind L, ½ turn right with weight on R, step L forward.

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