May I Have This Dance



拍數: 32 編數: Intermediate

編舞者: Chris Watson (AUS) - September 2019

音樂: Slow Motion - Ashleigh Dallas: (Album: Reflection)



INTRO: 16 Counts

Step. Sweep.	. Cross . side	. Behind	Sweep	, Behind Side and ste	p forward hitch	. Shuffle .	Cross.	Side
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1	Step R fwd sweeping L around
2&3	Cross L over R, Step R to R side, Step L behind R Sweeping R around

Step R behind L, 1/8 L Stepping L fwd, Step R fwd raising L knee (almost like a hitch)
Step L fwd, Step R together, Step L fwd Sweeping R around squaring up to 9:00

8& Cross R over L, Step L to L side

Behind, Side, Cross, Side rock, cross, ¼, ¼ Rock Replace, Together, behind & ¼ Step Forward *

1&2	Step R behind L, Step L to	b L side, Cross R over L
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3&4& Rock L to L side, Replace weight on R, Cross L over R, 1/4 L Stepping R back

5-6& 1/4 L Rocking L to L side, Replace weight on R, Step L together

7-8& Step R to R side dragging L, Step L behind R, * 1/4 R Stepping R fwd*

Walk, Walk, Mambo Step, Walk Back X 2, Rock with a knee pop, 1/4 Sweep

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1-2	Walk fwd L	. men R

3&4 Rock L fwd, Replace weight on R, Step L back

5-6 Walk back R then L

7-8 Rock R back popping L knee fwd, Replace weight on L as you sweep R into a 1/4 L

Cross, Side, behind sweep

1&2 Cross R over L, Step L to L side, Step R behind L Sweeping L around

3&4& Step L behind R, 1/4 R Stepping R fwd, 1/2 R Stepping L back, 1/2 R Stepping R fwd

5-6& Rock L fwd, Replace weight on R, 1/2 L Stepping L fwd

7-8 Step R fwd, 1/2 L Pivot weight on L

BEGIN DANCE AGAIN FACING 6:00

Restarts:

On Wall 3, 5, 7, 8 Dance to count 16 and then replace the & count with ¼ Turn Right stepping R forward as count 1 to Start the dance again at the new wall.

A huge thank you to Ashleigh Dallas for this beautiful song and friendship! Please download the music from iTunes or www.ashleighdallas.com.au

www.dare2dance.org www.chriswatsontravel.com.au

Last Update - 24 Nov. 2019