

Patience

拍數: 32 牆數: 4 級數: Improver
編舞者: Manuel Abelenda (ES) - April 2020
音樂: Gotta Be Patient - Michael Bubl , Barenaked Ladies & Sof a Reyes



Intro: 32

NOTE: Choreography dedicated to Carme Pomar (wife and mother of my daughters), in memory of her mother's death, also to all of us who have the patience to remain confined at home and make it possible for the crisis of "Covid 19" to be less painful and heavy.

[1-8]: Right POINT, STEP, Left HITCH, STEP, X 2.

- 1 Touch right toe to right side
- 2 Step right forward
- 3 Hitch left knee
- 4 Step left forward
- 5 Touch right toe to right side
- 6 Step right forward
- 7 Hitch left knee
- 8 Step left forward

[9-16]: Right ROCK STEP, Back SHUFFLE, Left   TURN & SIDE, TOGETHER, Left CHASSE.

- 1 Step right forward
- 2 Recover weight on left foot
- 3 Step right back
- & Step left back, beside right foot
- 4 Step right back
- 5   turn left, step left to left side (9:00)
- 6 Step right beside left foot
- 7 Step left to left side
- & Step right beside left foot
- 8 Step left to left side

[17-24]: Left TWIST TURN, Right SHUFFLE, Left Side ROCK STEP, Left SAILOR STEP   TURN.

- 1 Cross right over left
- 2   turn left, weight on left foot (3:00)
- 3 Step right forward
- & Step left forward, near right foot
- 4 Step right forward
- 5 Step left forward
- 6 Recover weight on right foot
- 7   turn left, step left behind right foot (12:00)
- & Step right to right side
- 8 Step left to left side

[25-32]: Left   STEP TURN, Right CROSS SHUFFLE, Left Side ROCK STEP, BEHIND, SIDE, CROSS.

- 1 Step right forward
- 2   turn left, weight on left foot (9:00)
- 3 Cross right over left foot
- & Step left to left side
- 4 Cross right over left
- 5 Step left to left side

- 6 Recover weight on right foot
- 7 Step left behind right foot
- & Step right to right side
- 8 Cross left over right foot

START AGAIN

TAG 1: At the end of fourth wall (4^a) added 4 extra counts and start from the beginning, you are facing at 12:00.

- 1-4 Rolling shoulders, right forward from down to up and left back from up to down, (the song is a little bit slower in this moment).

RESTART: during fifth wall (5^a), dance until count 24 and start from the beginning you are facing at 12:00.

TAG 2: At the end of seventh (7^a) added 4 extra counts and start from the beginning, you are facing at 6:00.

- 1-4 R-L-R-L SWAY,

ENDING: The ninth (9^a) ends at 12:00, added a Right cross with Sweep and then do Left Spiral turn weight on left foot, making a right point to right side.

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