

Bring Us Back

拍數: 96 牆數: 2 級數: Phrased Advanced
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - March 2020
音樂: Bring Us Back (feat. Joshua Ziggy) - Vanotek : (Single - iTunes)



Sequence A32, B64, B32 Restart, A32, B64, A32 , B64.
Start ... 48 Counts..

Section A: 32 counts

Heel Grind, Coaster Step, Step Toe & Heel Ball Step.

1-2 Left Heel Grind, step back on Right.
3&4 Step back on Left, step Right next to Left, step forward on Left.
5-6& Step forward on Right, tap Left toe next to Right , step back on Left.
7&8 Tap Right heel forward, step Right next to Left, step forward on Left.

Rock Recover, 1/2 Shuffle, 1/4 Chasse , Rock Recover.

1-2 Rock forward on Right, recover on Left.
3&4 Make 1/4 turn to Right stepping Right to Right side, step Left next to Right, make 1/4 turn to Right stepping forward on Right. (6.00)
5&6 Make 1/4 turn to Right stepping Left to Left side, step Right next to Left, step Left to Left side. (9.00)
7-8 Rock back on Right, recover on Left.

Heel Grind, Coaster Step, Step Toe & Heel Ball Step.

1-2 Right Heel Grind, step back on Left.
3&4 Step back on Right, step Left next to Right, step forward on Right.
5-6& Step forward on Left, tap Right toe next to Left , step back on Right.
7&8 Tap Left heel forward, step Left next to Right, step forward on Right.

Rock Recover, 1/2 Shuffle, 1/4 Chasse, Rock Recover.

1-2 Rock forward on Left, recover on Right.
3&4 Make 1/4 turn to Left stepping Left to Left side, step Right next to Left, make 1/4 turn to Left stepping forward on Left. (3.00)
5&6 Make 1/4 turn to Left stepping Right to Right side, step Left next to Right, step Right to Right side. (12.00)
7-8 Rock back on Left, recover on Right.

Section B: 64 counts

Side Close, 1/4, Behind & Cross, Side Rock Recover, Behind & Cross

1-3 Step Left to Left side, step Right next to Left, make 1/4 turn to Right stepping back on Left sweeping Right from front to back (3.00)
4&5 Cross step Right behind Left, step Left to Left side, cross step Right over Left.
6-7 Rock Left to Left side, recover Right.
8&1 Cross step Left behind Right, step Right to Right side, cross step Left over Right.

Hold, Ball Cross, Unwind, Back, Coaster Step, Lock Step.

2&3 Hold, step Right to Right side, cross step Left over Right.
4-5 Make 1/2 turn unwind to Right (weight on Left) step back on Right. (9.00)
6&7 Step back on Left, step Right next to Left, step forward on Left.
8&1 Step forward on Right, lock Left behind Right, step forward on Right.

Hitch, Cross, Scissor Cross, Side, Back, Back, Side, Forward.

2-3 Hitch Left knee across Right, cross step Left over Right

- 4&5 Step Right to Right side, step Left next to Right, cross step Right over Left.
- 6-7 Step Left to Left side, make 1/8 turn to Right (10.30) stepping back on Right.
- 8&1 Step back on Left, make 1/8 turn to Right stepping Right to Right side, step forward on Left. (12.00)

Rock Recover, 1/2 Shuffle, Step, 1/2, 1/2 Shuffle.

- 2-3 Rock forward on Right, recover back on Left.
- 4&5 Make 1/4 turn Right stepping Right to Right side, step Left next to Right, make 1/4 turn to Right stepping forward on Right (6.00)
- 6-7 Step forward Left, make 1/2 turn to Left stepping back on Right. (12.00)
- 8&1 Make 1/4 turn to Left stepping back on Left, step Right next to Left, make 1/4 turn to Left stepping forward on Left (6.00) *R*

Cross, 1/4 Coaster Step, Step Tap, Back Tap Ball Cross.

- 2-3 Cross step Right over Left, make 1/4 turn to Right stepping back on Left. (9.00)
- 4&5 Step back on Right, step Left next to Right, step forward on Right.
- 6-7 Step Left into Left diagonal, touch Right next to Left.
- &&1 Step back on Right, touch Left next to Right, step Left next to Right, cross step Right over Left.

Rock Recover, Behind & Cross, Walk, Walk, 1/4 Shuffle.

- 2-3 Rock Left into Left diagonal, recover back on Right.
- 4&5 Cross step Left behind Right, step Right to Right side, cross step Left over Right.
- 6-7 (Start of Arc) Make 1/4 turn to Right stepping forward on Right, make 1/4 turn to Right stepping forward on Left (3.00)
- 8&1 Make 1/8 turn to Right stepping forward on Right, step Left next to Right, make 1/8 turn to Right stepping forward on Right.(6.00)

Step Tap, Back Tap Ball Cross, Rock Recover, Cross Back Cross.

- 2-3 Step Left into Left diagonal, touch Right next to Left.
- &4&5 Step back on Right, touch Left next to Right, step Left next to Right, cross step Right over Left.
- 6-7 Rock Left to Left diagonal, step back on Right.
- 8&1 Cross step Left across Right, step back on Right, cross step Left across Right (done on the diagonal travelling backwards towards 10.30)

Back, Side, Cross Shuffle, Side Rock Recover, Sailor Side.

- 2-3 Step back on Right, step Left to Left side.
- 4&5 Cross step Right over Left, step Left to Left side, cross step Right over Left.
- 6-7 Rock Left to Left side, recover Right to Right side.
- 8& (1) Cross step Left behind Right, step Right to Right (Step Left to Left side to begin again if another B follows BUT this changes to Heel Grind if B is followed by A)

Wall 3... B32

Dance Up to & Including Count 8& Section 4 ... Then this is followed by The A Section Heel Grind .

Wall 5 ... B64

Dance up to & including count 8& of Section 8 then start Wall 6 which is an A Section with the heel grind (Sailor Heel Grind) .

Dance Finishes at 12.00 :)
