

Made For These

拍數: 48 牆數: 2 級數: Improver / Challenge
編舞者: Lisa McCammon (USA) - August 2020
音樂: Made For These - Jimmie Allen & Tim McGraw : (CD: Bettie James)



#16 count intro,

Start with weight on R crossed over L

NOTE: This dance was written as a floor split for Process In Time by Ria Vos.

SIDE, BACK ROCK-RECOVER-SIDE, BEHIND-TURN-STEP, MAMBO STEP, COASTER STEP

1, 2&3 Step L to side, rock back onto R, recover L, step R to side
4&5 Step L behind, turn right ¼ [3] stepping forward R, step forward L
6&7 Rock forward R, recover L, step R slightly back
8&1 Step back L, close R, step forward L

FORWARD ROCK-RECOVER-SIDE ROCK-RECOVER-COASTER STEP; MIRROR

2&3& Rock forward R, recover L, rock side R, recover L
4&5 Step back R, close L, step forward R
6&7& Rock forward L, recover R, rock side L, recover R
8&1 Step back L, close R, step forward L

STEP, TURN, CROSS-&-CROSS, SIDE-CLOSE-FORWARD, SIDE-CLOSE-BACK (RUMBA BOX)

2-3 Step forward R, turn left ¼ [12] onto L
4&5 Cross R, step L to side, cross R
6&7 Step L to side, close R, step forward L
8&1 Step R to side, close L, step back R

COASTER STEP, SYNCOPATED ROCKING CHAIR, STEP, TURN, RUN-RUN-RUN

2&3 Step back L, step R next to L, step forward L
4&5& Rock forward R, recover L, rock back R, recover L
6-7 Step forward R, turn left ½ [6] onto L
8&1 Small steps forward R, L, R (turning option: full turn left continuing forward movement)

FORWARD ROCK, RECOVER, TRIPLE BACK; ROCK, RECOVER

2-3 Rock forward L, recover R
4&5 Step back L, close R (or lock R over L), step back L
6-7 Rock back R, recover L

KICK-BALL-SIDE ROCK, RECOVER, BEHIND-SIDE-CROSS; SIDE ROCK, RECOVER, BEHIND-SIDE-CROSS

8&1-2 Kick R forward, step R home, rock L to side, recover R (momentum to right)
3&4 Step L behind, step R to side, cross L
5-6 Rock R to side, recover L (momentum to left)
7&8 Step R behind, step L to side, cross R

OPTIONAL ENDING: The last repetition starts at 6:00. After the first set you will be facing 9:00 after your coaster (8&1). Modify the second set as follows as the music ends.

2&3 Step forward R, close L, step forward R (triple forward)
4-5 Step forward L, turn right ¼ [12] (music will slow, so match your steps to "dah, dah")
6 Hesitate slightly with music, then cross L on last note ("yeah")

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