

The Dance

拍數: 64 牆數: 3 級數: Intermediate
編舞者: Christine Tyson (AUS) - September 2013
音樂: The Dance - Garth Brooks : (Album: A Tribute to Country Icons, Garth Brooks, Allan Jackson, Brooks & Dunn)



****2 restarts- 1 Tag- (you never dance the 3oclock wall)
Intro: 40 count start on the word 'Looking BACK'**

[1.8] R Lock fwd to R Diag, scuff, Freeze L, Lift R foot to L Calf

1,2,3,4 Step R fwd on R Diag, step L behind R, step R fwd on R diag, straightening up to 12oclock wall scuff L beside Rl,

5,6,7,8 Step L to L side, step R behind L, step L to L side, lift R behind L calf

[9.16] R Lock back on R Diag, ½ L turn and L lock fwd to L Diag, Scuff R beside L,

1,2,3,4 Step R back on R Diag, step L over R, step R back on R diag, on the ball of the R foot turn 180 deg L place L across R shin, (4.30)

5,6,7,8 Step L fwd on L Diag, step R behind L, step L on L Diag, Straightening up to the 6oclock wall scuff R beside L,

(*Restart here 3rd wall -12oclock)

[17.24] Freeze R, Tap L beside R, L back Lock to L Diag, tap R beside L

1,2,3,4 Step R to R side, step L behind R, step R to R side, tap L beside R,

5,6,7,8 Step L back on L Diag, step R over L, step L back on L Diag, tap R beside L (6oclock)

[25.32] ¼ R turn R Toe strut, L Toe strut, Step R fwd ½ L Pivot, Step R Toe fwd, Drop Heel

1,2,3,4 Turning ¼ R step R Toe fwd , drop R heel, Step L Toe fwd, drop L heel ## (9oclock)

5,6,7,8 Step R fwd, Pivot ½ L weight on L, step R Toe fwd, Drop R Heel (3oclock)

[33-40] Turning ½ R L Toe Strut Back, ½ R R Toe strut Fwd, L Rock and Cross, Hold

1,2,3,4 Turning ½ R Step L Toe back, drop L Heel, Turning ½ R step R Toe Fwd, drop R heel,

5,6,7,8 Rock step L to L side, recover to R, Step L over R, Hold (**Tag - ***restart to 12 oclock)

****on 6th wall, 9oclock dance to count 40, ** Tag -then cross R over L and unwind ¾ L over 6 count, leave your weight on the L foot then**

*****restart facing 12 oclock on 1st beat of the instrumental music (listen for the heavier beats to maintain proper 8 count)**

[41.48] R Rock and Cross, L to R Calf, L Back Lock, Turn ½ R R to L shin

1,2,3,4 Rock step R to R side, recover to L, Step R over L, lift L behind R calf

5,6,7,8 Step back on L, cross R over L, Step back on L, still on ball of L foot turn ½ R R foot to left Shin (9oclock)

[49-56] Step R fwd Lock, L to R Calf, L Rock & Cross, R Rock & cross,

1,2,3,4 Step R fwd, step L behind R, step R fwd, lift L behind R calf

5,6,7,8 Rock L to L side, recover weight to R, step L over R, Hold

[57-64] Step R Rock & cross, L foot to R calf, L back coaster step

1,2,3,4 Rock R out to R side, recover weight to L, cross R over L, lift L behind R calf,

5,6,7,8 Step back on L, step R beside L, step L fwd, scuff R beside L

Begin dance again

***1 Restart on wall 3- After count 16 restart facing 12oclock. **Tag wall 5 cross unwind ¾ L**

*****2 Restart on 6th wall facing 12 oclock.**

Dance ending on 8th wall (9 o'clock), dance to count 28, ## then step R fwd,(29), ½ left pivot take weight on L, (30), (12 o'clock) step R fwd (31), slowly drag L to R over two counts

Peggy Mahoney on your 70th Birthday & for Lyn Pike who loves Country Music
