

Recovery

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Guillaume Richard (FR) - January 2020
音樂: Recovery - LP



Intro: No intro, start on the lyrics

Tag & Restart : At wall 2, dance the first 32 counts, and add the next steps :

1-2 Step LF to L, Drag RF next to LF as you bend your knees

[1 - 8] Back Step Lock Step x2, Full turn & Sweep, Weave

1&2 Step RF back diagonally (1), Cross LF over RF (&), Step RF back diagonally (2) 12:00

3&4 Step LF back diagonally (3), Cross RF over LF (&), Step LF back diagonally (4) 12:00

5-6 Make ½ turn R stepping RF fwd (5), Make ½ turn R stepping LF back as you sweep RF from front to back (6) 12:00

7&8 Cross RF behind LF (7), Step LF to L (&), Cross RF over LF (8) 12:00

[9 - 16] Side Rock Cross, Reverse Full Turn, Rock Back, Reverse Full Turn, Recover

1&2 Step LF to L (1), Recover on RF (&), Cross LF over RF (2) 12:00

3-4& Make ¼ turn L stepping RF back (3), Make ½ turn L stepping LF fwd (4), Make ¼ turn L stepping RF to R (&) 12:00

5-6 Cross LF behind RF (5), Recover on RF (6) 12:00

7&8& Make ¼ turn R stepping LF back (7), Make ½ turn R stepping RF fwd (&), Make ¼ turn R stepping LF to L (8), Recover on RF (&) 12:00

[17 - 25] Cross, ¼ turn Sweep, Step Fwd, Mambo Fwd, Step Back, Sweep, Behind, Side, Step Lock Step

1-2 Cross LF over RF (1), Make ¼ turn L keeping weight on LF as you touch RF next to LF (2) 9:00

3-4& Step RF fwd (3), Step LF fwd (4), Recover on RF (&) 9:00

5-6 Step LF back (5), Sweep RF from front to back (6) 9:00

7& Cross RF behind LF (7), Step LF to L (&) 9:00

8&1 Make 1/8 turn L stepping RF fwd (8), Cross LF behind RF (&), Step RF fwd (1) 7:30

[26 - 32] Diamond 5/8, ¾ turn Piqué, Point, Rock Back

2&3 Step LF fwd (2), Make ¼ turn L stepping RF back (&), Step LF back (3) 4:30

4&5 Step RF back (4), Make 1/8 turn L stepping LF to L (&), Step RF fwd (5) 3:00

6-7 Make ¾ turn R on RF as you make a piqué with LF (6), Point L toes to L (7) 12:00

8& Cross LF behind RF (8), Recover on RF (&) 12:00

[33 - 41] Step, Rock Back, ¼ turn Step Lock Step, Step ¼ turn, Cross Shuffle

1-2-3 Step LF to L (1), Cross RF behind LF (2), Recover on LF (3) 12:00

4&5 Make ¼ turn R stepping RF fwd (4), Cross LF behind RF (&), Step RF fwd (5) 3:00

6-7 Step LF fwd (6), Make ¼ turn R stepping on RF (7) 6:00

8&1 Cross LF over RF (8), Step RF to R (&), Cross LF over RF (1) 6:00

[42 - 48] Side Rock, Cross Samba x2, Ronde Sweep

2-3 Step RF to R (2), Recover on LF (3) 6:00

4&5 Cross RF over LF (4), Step LF to L (&), Step RF fwd diagonally (5) 6:00

6&7 Cross LF over RF (6), Step RF to R (&), Step LF fwd diagonally (7) 6:00

8 Bring back RF next to LF as you make a ronde sweep then from front to back (8) 6:00

Restart: At wall 2, do the first 33 counts and add 1 count to restart the dance

1-2 Step LF to L - Touch RF next to LF

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