

Miracle

拍數: 128 牆數: 2 級數: Phrased Advanced
編舞者: Hiroko Carlsson (AUS) - August 2021
音樂: Miracle - Sia : (Spotify)



(8 counts intro)

Sequence: A-B-C, A-B-C, A Restart 24 count w/ Turn 1/4R-C-C

Restart on 3rd Part A count 24** (9:00)

Dance up to count 24, then make a 1/4 turn right to 12:00 o'clock, go to Part C

Part A - Slow count

[S1] Back, Back Rock, L&R Basic NC, Side-Behind-1/4L-Paddele Turn

1 2& Step back on R, Rock back on L, Replace weight on R
3 4& Step L to the side, Step R behind L, Step L across R
5 6& Step R to the side, Step L behind R, Step R across L
7&8 Step L to the side, Step R behind L, Make a 1/4 turn left stepping forward on L (9:00)
&1 Step forward on R, Make a 1/4 turn left recover weight on L (6:00)

[S2] Fwd Rock-Side, Sailor Step, Quick Sailor Step-Behind-1/4R-Step Pivot 1/2R

2&3 Rock forward on R, Replace weight on L, Step R to the side
4&5 Step L behind R, Step R to the side, Step L to the side
&6& Step R behind L, Step L to the side, Step R to the side
7& Step L behind R, Make a 1/4 right stepping forward on R (9:00)
8& Step forward on L, Make a 1/2 turn right recover weight on R (3:00)

[S3] Toe-Heel-Side, Toe-Heel-Cross, Toe-Heel-Side, Cross Rock-1/4R-Paddle Turn-Cross

1&2 Touch L toe next to R, Touch L heel to the left, Step L to the side
&3& Touch R toe next to L, Touch R heel next to L, Cross R over L
4&5 Touch L toe next to R, Touch L heel to the left, Step L to the side
&6& Rock R over L, Replace weight on L, Make a 1/4 turn right stepping forward on R (6:00)
7&8 Step forward on L, Make a 1/4 turn right recover weight on R, Cross L over R** (9:00)

[S4] Toe-Heel-Side, Toe-Heel-Cross, Rock 1/4L Turn, 1/2L Back-Lock-Back-1/2L-Step-Lock-Step-Side

1&2 Touch R toe next to L, Touch R heel to the right, Step R to the side
&3& Touch L toe next to R, Touch L heel next to R, Cross L over R
4& Rock R to the side, Replace weight on L while making a 1/4 turn left (6:00)
5&6 Make a 1/2 turn left stepping back on R, Lock L over R, Step back on R (12:00)
& Make a 1/2 turn left stepping forward on L (6:00)
7&8& Step forward on R, Lock L behind R, Step forward on R, Step L to the side

Part B - Quick count

[S1] 2x (Touch-Ball-Heel-Hold-Ball-Fwd)

1 2& Touch R toe next to L, Ball step R beside L, L heel forward
3&4 Hold (3), Step L next to R, Step forward on R
5 6& Touch L toe next to R, Ball step L beside R, L heel forward
7&8 Hold (7), Step R next to L, Step forward on L

[S2] 1/4L, Hold-Behind-1/4R, Step-3/4R Pivot, Side-Behind-1/4L

1 2& Make a 1/4 turn left stepping R to the side, Hold (2), Step L behind R (3:00)
3 4 Make a 1/4 turn right stepping forward on R, Step forward on L (6:00)
5 6& Make a 3/4 turn right recover weight on R, Hold (6), Step L to the side (3:00)

7 8 Step R behind L, Make a 1/4 turn left stepping forward on L (12:00)

[S3] 2x (Touch-Ball-Kick-Hold-Ball-Fwd)

1 2& Touch R toe next to L, Ball step R beside L, Kick forward on L

3&4 Hold (3), Step L next to R, Step forward on R

5 6& Touch L toe next to R, Ball step L beside R, Kick forward on R

7&8 Hold (7), Step R next to L, Step forward on L

[S4] Fwd, Hold-1/4R Side Rock, Cross-Close-Cross-1/4L-1/2L

1 2 Step forward on R, Hold (2)

&3 Make a 1/4 turn right stepping L to the side, Replace weight on R (3:00)

4 5 6 Cross L over R, Step R beside L, Cross L over R

7 8 Make a 1/4 turn left stepping back on R, Make a 1/2 turn left stepping forward on L (6:00)

Part C - Quick count

[S1] 2x Scuff, Hold, R Diagonal Step-Lock-Step, L Diagonal Step-Lock-Step-Scuff

1 2& Scuff forward on R, Hold (2), Step R diagonal forward on R

3 4 Lock L behind R, Step forward on R

5 6 7 Step L diagonal forward on L, Lock R behind L, Step forward on L

8 Scuff forward on R weight on L

[S2] Fwd, Hold, Recover-Back, Back, Back Rock, 1/2L Back-Lock-

1 2& Step/rock forward on R, Hold (2), Replace weight on L

3 4 Step back on R, Step back on L

5 6 Rock back on R, Replace weight on L

7 8 Make a 1/2 turn left stepping back on R, Lock L over R (12:00)

[S3] -Back, Hold, Side Rock, Toe-Heel Down, Side Rock, Back

1 2 Step back on R, Hold (2)

&3 Rock L to the side, Replace weight on R

4 5 Toe strut back -Touch L toes back, Drop L heel on the floor

6 7 8 Rock R to the side, Replace weight on L, Step back on R

[S4] Back, Hold, Recover-Fwd-1/2L, Back Rock, Step-Pivot 3/4R

1 2& Step/rock back on L, Hold (2), Replace weight on R

3 4 Step forward on L, Make a 1/2 turn left stepping back on R (6:00)

5 6 Rock back on L, Replace weight on R

7 8 Step forward on L, Make a 3/4 turn right recover weight on R (3:00)

[S5] Side, Hold-Tap-Back Rock, Side-Behind Rock-Side

1 2& Step L to the side, Hold (2), Tap R next to L

3 4 Rock back on R, Replace weight on L

5 6 Step R to the side, Rock L behind R

7 8 Replace weight on R, Step L to the side

[S6] Cross, Hold-Side Rock Turn 1/4R-Fwd, Step-Pivot 1/4L, Step Pivot 1/2L

1 2 Cross R over L, Hold

&3 4 Rock L to the side, Replace weight on R while making a 1/4 turn right, Step forward on L (6:00)

5 6 Step forward on R, Make a 1/4 turn left recover weight on L (3:00)

7 8 Step forward on R, Make a 1/2 turn left recover weight on L (9:00)

[S7] Side, Hold-Tap-Back Rock, Side-Behind Rock-Side

1 2& Step R to the side, Hold (2), Tap L next to R

3 4 Rock back on L, Replace weight on R

5 6 Step L to the side, Rock R behind L
7 8 Replace weight on L, Step R to the side

[S8] Cross, Hold-Side Rock, Hold, Fwd-Step-Pivot 1/4R-Cross

1 2 Cross L over R, Hold (2)
&3 4 Rock R to the side, Replace weight on L, Hold (4)
5 6 Step forward on R, Step forward on L
7 8 Make a 1/4 turn right recover weight on R, Cross L over R (12:00)

The dance finishes at 12:00 o'clock.

**Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 25/Aug/21)**
