

# The Healing

拍數: 40                      牆數: 4                      級數: Improver  
編舞者: Rosa Beltran Greentree (AUS) - September 2021  
音樂: The Healing - Tim Chaisson : (Album: The Healing))



Intro: 8 counts

## S1: Diagonal Fwd with Hip Bumps (R,L), Side Rock Cross (right, left)

1&2                      Step R fwd slightly diag. to right bumping hip right(1), bump hip left(&), bump hip right(2)  
3&4                      Step L fwd slightly diag. to left bumping hip left(3), bump hip right(&), bump hip left(4)  
5&6                      Rock R to side, recover on L, cross R over L  
7&8                      Rock L to side, recover on R, cross L over R

## S2: Alternate Step Back and Step Touch (with slight jumps travelling back), 1/4 right Right Sailor, Fwd, 1/4 right Side, Fwd

&1&2                      Step back on R(&), step touch L in front of R(1), step L back(&), step touch R in front of L(2)  
&3&4                      Step back on R(&), step touch L in front of R(3), step L back(&), step touch R in front of L(4)  
5, &6                      1/4 right Sweep around and step back on R(5), step L to side(&), step R fwd(6)  
7&8                      Step L fwd(7), 1/4 right Step R to side(&), step L fwd(8) 6:00

**\*Restart here on Wall 5(12:00)**

## S3: Diagonal Fwd with Hip Bumps (R,L), 1/4 right Jazz Box Cross, Point, Together, Point

1&2                      R fwd slightly diag. to right bumping hip right(1), bump hip left(&), bump hip right(2)  
3&4                      L fwd slightly diag. to left bumping hip left(3), bump hip right(&), bump hip left(4)  
5&6&                      Cross R over L(5), step L back(&), 1/4 right Step R to side(6), cross L over R(&) 9:00  
7&8                      Point R to side(7), step R together(&), Point L to side(8)

## S4: Behind, Side, Cross, 1/4 left Back, 1/4 left Side, Fwd, Fwd Coaster, Back sweep, Back sweep

1&2                      Step L behind R(1), step R to side(&), cross L over R(2)  
3&4                      1/4 left Step R back(3), 1/4 left Step L to side(&), step R fwd(4) 3:00  
5&, 6                      Step L fwd(5), step R together(&), step back on L(6)  
7, 8                      Step R back sweeping L from front to back(7), step L back sweeping R from front to back(8)

**\*Restart here on Wall 6(6:00) with a step change on counts 7 8**

## S5: Right Sailor, Diagonal Fwd Skates (L,R), L Fwd, 1/2 left R Back sweep, Coaster Step

1&2                      Cross R behind L(1), step L to side(&), step R fwd(2)  
3, 4                      Skate L fwd diagonal to left(3), skate R fwd diagonal to right(4)  
5, 6                      Step L fwd to centre(5), 1/2 left Step R back sweeping L on the turn(6)  
7&8                      Step L back(7), step R together(&), step L fwd(8) 9:00

Start dance again.

### \*Shortwalls / Restarts

Wall 5(12:00) restart after 16 counts facing 6:00.

Wall 6(6:00) restart after 32 counts with a step change on the last 2 counts in S4, facing 9:00.

### STEP CHANGE

7, 8                      Rock and sit back bending knee on R while pointing the toe and heel up on L(7), Recover weight on L(8)

Tag: 16 counts, after Wall 4(3:00), now facing 12:00.

### Open Rumba Box, Sugar Push, 1/2 left Fwd Shuffle (2X)

1& 2                      Step R to side(1), step L together(&), step R fwd(2) 12:00  
3& 4                      Step L to side(3), step R together(&), step L fwd(4)

5&6 Rock R fwd(5), recover on L(&), step R back(6)  
7&8 1/2 left Step L fwd, step R together, step L fwd 6:00

1& 2 Step R to side(1), step L together(&), step R fwd(2)  
3& 4 Step L to side(3), step R together(&), step L fwd(4)  
5&6 Rock R fwd(5), recover on L(&), step R back(6)  
7&8 1/2 left Step L fwd(7), step R together(&), step L fwd(8) 12:00

**End of dance:**

**Wall 8(6:00) dance to 6 counts then step L fwd and pivot 1/2 right putting weight on R facing 12:00.**

**ENJOY! - Lovepeace2all**

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