

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
