My Redeemer Lives

拍數: 32

級數: Absolute Beginner / Beginner

編舞者: Judy Rausch (USA) - April 2022

音樂: My Redeemer Lives - Hillsong Worship

(1-8) WALK AND KICK, BACK AND TOUCH

- 1-4 Walk RLR, Kick L (Walls 3 & 7, wave arms in the air - "I'll raise a banner")
- 5-8 Walk back LRL, touch R next to L (12:00)

(9-16) SIDE MAMBOS (OR CROSS MAMBOS)

- 9-12 Rock R to side, recover to center, hold
- 13-16 Rock L to side, recover to center, hold
- *TAG and restart here wall 9 (12:00)

(17-24) VINE R (OR R ROLLING VINE), VINE 1/4 L

- 17-20 Step R to side, step L behind, step R to side, touch L next to R
- 21-24 Step L to side, step R behind L, step ¼ L, brush R next to L (9:00)

(25-32) K-STEP

- 25-26 Step R forward, touch L next to R
- 27-28 Step L back, step R next to L
- 29-30 Step R back on R, touch L next to R
- 31-32 Step forward on L, brush R next to L

TAG: Wall 9 After 16 counts add a 4 count R rocking chair and then restart.

- 1-2 Rock R forward, recover L
- 3-4 Rock R back, recover L - Restart





牆數: 4