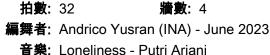
BReaK My HoPe

級數: Beginner / Improver



TAG: 8 counts after wall 2

Start dance after intro music 8 counts [on lyrics]

S1. *FORWARD with Sweep [R-L] - DIAMOND 1/4 TURN R - LOCK SHUFFLE FORWARD*

- Step R forward with L sweep from back to front, L forward with R sweep from back to front 1-2
- 3&4 R cross over L, L to side, R back 1/8 turn to R
- 5&6 L back, R 1/8 turn to R, L forward (3.00)
- R forward , L lock behind R , R forward 7&8

S2. *FORWARD ROCK - BACK - BACK with sweep - CROSS BEHIND - SIDE - CROSS ROCK - SIDE -**CROSS SIDE SYNCOPATED***

- 1-2-& Step L forward, recover on R, L back
- R back with L sweep from front to back, L cross behind R, R to side 3-4-&
- 5-6-& L cross over R - recover on R, L side
- 7&8& R cross over L - L to side, R cross behind R, L side

S3. *CROSS ROCK - SIDE - CROSS - NC BASIC*

- Step R cross over L, recover on R, R to side 1-2-&
- 3 L cross over R
- 4-5-& R slightly to side, L close behind R, R cross over L
- L slightly to side, R close behind R, L cross over R 6-7-&
- R slightly to side 8

S4. *BACK - ROCK - RECOVER - PIVOT 1/2 TURN L SYNCOPATED - ROCK RECOVER - BACK - BACK -HOOK*

- 1-2-3 Step L back, R back, Recover On L [weight on L]
- 4&5& R forward , 1/2 turn to L , R forward , 1/2 turn to L in place
- 6&7 R forward, recover on L, R back
- &-8 L back, R heel bend over L

Start again !

TAG 8 COUNTS

BASIC NC - SWAY [R-L-R-L]

- R slightly to side , L close behind R , R cross over L 1-2-&
- 3-4-& L slightly to side, R close behind L, L cross over R
- 5-8 Making hip sway to R L R L [weight On L)

Start Again and Enjoyed !

Dancing with YOUR Heart

Contact : ricoyusran@yahoo.com





牆數:4