

# Realize

拍數: 64      牆數: 2      級數: High Beginner  
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音樂: Realize - Nick Schilder



**Intro: 16 counts (start on vocals)**

**Side, touch, R+L, side, close, shuffle fwd**

1 – 2      RF step R side – LF touch next  
3 – 4      LF step L side – RF touch next  
5 – 6      RF step R side – LF close  
7 & 8      RF step fwd – LF close – RF step fwd

**Side, touch, L+R, side, close, shuffle back**

1 – 2      LF step L side – RF touch next  
3 – 4      RF step R side – LF touch next  
5 – 6      LF step L side – RF close  
7 & 8      LF step back – RF close – LF step back

**Rolling vine, touch, R+L**

1      RF step 1/4 R side  
2      LF step 1/2 R fwd  
3      RF step 1/4 R back  
4      LF touch next  
5      LF step 1/4 L side  
6      RF step 1/2 L fwd  
7      LF step 1/4 L back  
8      RF touch next

**Rock steps, step side, hitch, R+L**

1 – 2      RF rock R side – recover on LF  
3 – 4      RF step R side – LF hitch  
5 – 6      LF rock L side – recover on RF  
7 – 8      LF step L side – RF hitch

**(Sway your hips)**

**Side, close, chassé R, 1/4 turn L: side, close, chassé L**

1 – 2      RF step R side – LF close  
3 & 4      RF step R side – LF close – RF step R side  
5 – 6      1/4 L: LF step L side – RF close  
7 & 8      LF step L side – RF close – LF step L side

**1/4 turn L: side, close, chassé R, Vine L, touch**

1 – 2      1/4 L: RF step R side – LF close  
3 & 4      RF step R side – LF close – RF step R side  
5 – 6      LF step L side – RF cross behind  
7 – 8      LF step L side – RF touch next

**Step fwd, point, R+L, Step back, point, R+L**

1 – 2      RF step fwd – LF point L  
3 – 4      LF step fwd – RF point R  
5 – 6      RF step back – LF point L

7 – 8            LF step back, RF point R

**Cross rock, tripple step R+L**

1 – 2            RF rock cross over – recover on LF

3 & 4            RF step in place – LF step in place - RF step in place

5 – 6            LV rock cross over – recover on RF

7 & 8            LF step in place – RF step in place - LF step in place

**Start over and enjoy!**

**Restart: in the 3rd wall after 32 counts**

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