My Redeemer Lives

拍數: 32

級數: Improver

編舞者: Ribka Tobing (INA) & Ria Lolong (INA) - March 2024 音樂: My Redeemer Lives - Nicole C. Mullen

START on Vocal ☆ 2 TAGS, 1 RESTART	
S1. BASIC NIGI	HT CLUB R-L, TURN ¼ L – BACK AND SWEEP L-R, COASTER STEP, STEP FORWARD
1 – 2&	Step RF to side, Close LF slightly behind RF, Cross RF over LF
3 – 4&	Step LF to side, Close RF slightly behind LF, Cross LF over RF
5 – 6	Turn ¼ left Step RF back as you sweep LF from front to back, Step LF back as you sweep RF from front to back (9:00)
7&–8&	Step RF back, Close LF beside RF, Step RF forward, Step LF forward
S2. ½ PIVOT L	2X, MODIFIED V STEP, ¼ TURN R, LUNGE, ROLLING VINE L WITH TOUCH
1&–2&	Step RF forward, Turn ½ L Step LF in place (3:00), Step RF forward, Turn ½ L Step LF in place (9:00)
3&–4&	Step RF diagonal right, Step LF diagonal left, Step RF back, Step LF back
5 – 6	Turn ¼ R Lunge/Rock RF to R side (12:00), Turn ¼ L stepping LF fwd (9:00)
7&8	Turn $\frac{1}{2}$ L stepping RF back (3:00), Turn $\frac{1}{4}$ L stepping LF to side, Touch RF beside LF (12:00)
S3. SERPIENTE, ¼ TURN L, STEP FORWARD/HITCH, LONGSTEP BACK L-R, TOUCH	
1 – 2&	Cross RF over LF sweeping LF fwd, Cross LF over RF, Step RF to side
3 – 4&	Step LF behind RF sweeping RF back, Step RF behind LF, Turn ¼ left stepping LF fwd (9:00)
5 – 6	Step RF fwd hitching L knee keeping LF Close to R leg, Longstep LF back dragging RF
7 – 8	Longstep RF back dragging LF, Touch LF beside RF
S4. CROSS RO WALK L-R-L, TI	CK L – RECOVER , SIDE, CROSS ROCK R – RECOVER, SIDE, WALK FWD L-R, PRISSY JRN 1/2R
1 – 2&	Cross LF over RF, Recover on RF, Step LF to side
3 – 4&	Cross RF over LF, Recover on LF, Step RF to side
5 – 6	Step LF forward, Step RF forward
\Rightarrow RESTART here on Wall 4 facing 9:00 after 30 counts with Step Change here on count 5 – 6 "&" Step LF forward, Step RF forward, Close LF beside RF (&)	
7& 8&	Step LF forward, Step RF forward, Step ball of LF beside RF, Spin LF ball ½R move body weight to LF (3:00)
Tag 1 (4 Counts	s) after Wall 2:
1 – 2&	Step RF to R side swaying R-L-R (6:00)
3 – 4&	Turn ¼ right stepping LF to L side swaying L-R-L touching RF beside LF (9:00)
Tag 2 (2 Counts) after Wall 5:	
1 – 2	Step RF to R swaying R-L (12:00)
End of Dance: C	Dn Wall 7 dance to 12 counts, facing 12:00

Enjoy the Dance! Email: sandrapal59@gmail.com



COPPER KNO

牆數:4