Dream Work



拍數: 32 牆數: 4 級數: Improver

編舞者: Mary Pentangelo (USA) - May 2024

音樂: I Had Some Help (feat. Morgan Wallen) - Post Malone



Intro is 32 counts - Starts with right foot, weight on left

[1-8] Rocking Chair, Stomp, Hold, Behind-Side-Cross

1-4	RF rock forward, recover on LF, RF rock back, recover on LF
1-4	NI TUCK IULWAIU. TECUVEL UILEL. NI TUCK DACK. TECUVEL UILEL

5-6 RF stomp to the side, hold count 6

7-8 LF step behind right, RF step to the side, LF cross in front of right.

[9-16] Rock Recover, Sailor Step, Tap Hip bump L and R

1-2	RF rock to the side, recover left with a ¼ turn to the right

3-4 RF sailor step (end towards next wall)

5-6 LF tap with hip bump, LF replace next to right 7-8 RF tap with hip bump, RF taps next to left

RESTART 16 counts into Wall 4 (but you will be facing Wall 5)

[17-24] Lindy Right, Lindy Left

1-4	RF side cha-cha, LF rock back, recover on right
5-6	LF side cha-chas, RF rock back, recover on left

[25-32] Rock Recover Switch, Knee Pops Back

1-2	RF rock forward, recover on left
&	quick switch (replace) for left foot
3-4	LF rock forward, recover on right
& 5	LF steps back, pop right knee
& 6	RF steps back, pop left knee
& 7	LF steps back, pop right knee
& 8	RF steps back, pop right knee

& 1 – to restart next wall, quick switch giddy up to start with right foot

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