Dream of Motherland



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Rex Chuan (USA) - November 2024

音樂: Meng Shan He (夢山河) - Sun Nan (孫楠)



Start: after 40 counts of introduction

S1: Check, Recover, Side, Forward& Pivot, Three Turn, Back, Side, Cross

12&34&5 Cross LF, Recover, LF L, RF Forward & Swivel R half turn(3), weight on LF, L quarter turn

and RF R, L half turn and LF L

6&78&. Cross RF behind, LF L, cross RF, LF L, quarter R turn and weight back on RF. (12:00)

S2: Spiral, Three Step Turn, Cross, Side, Back, Flick & Turn, Forward, Rock, Recover

12&34&5. LF Forwards, swivel R full turn on LF, RF Forward, R half turn and LF back, R half turn & RF

Forward, cross LF, RF R, cross LF behind and sweep RF back

678&. Flick RF and half turn with RF in hitch position(6), RF Forward LF forward, recover(6:00)

S3: Weave In Circle Counter Clockwise, Rock Recover, Weave In Circle Clockwise, Rock, Recover

1&2&3. Cross LF behind, ¼ L turn and RF R, cross LF, ¼ L turn and step RF back

4&5&6&7. Recover, LF L, Cross RF behind, quart R turn and LF L, cross RF, quarter R turn and LF L,

RF back

8&. Recover and guarter L turn, RF R and L half turn for next step (12:00)

S4: Lunge, Recover, Check, Recover, Check, Recover, Weave, Turn

1234&. LF L ilunge position, recover, cross LF, recover, LF L

56&7&8&. Cross RF, recover, RF R, cross LF, RF R, cross LF behind, quarter R turn and RF Forward

(3:00)

Enjoy the dance!