

Within We Remain

拍數: 40 牆數: 1 級數: Phrased Intermediate
編舞者: Angel Chia (SG) - December 2024
音樂: Within You'll Remain (2016 Remastered Version)



Intro count: 8 counts

Sequence: Intro (20), Intro+Bridge (24), AABB, AABB, AABB, AABB, AA

Introduction Dance: 24 counts

Section 1 [1 - 8] Forward, 1/2R, Back R, Forward Touch x 2 times

1-4 Forward on R, 1/2R (Back on L), Back on R, Hold (4) (6.00)

5-8 Forward on L, 1/2L (Back on R), Back on L, Hold (8) (12.00)

Section 2 [9 - 16] Forward, Drag, Forward Drag, Mambo Back Back

1-4 Forward on R, Drag L next to R, Forward on L, Drag R next to L (12.00)

5-8 Forward Rock on R, Recover L, Step Back R, Step Back L (12.00)

Section 3 [17 - 24] Side Rock, Recover, Touch, Hold

1-4 Side Rock R, Recover L, Touch R next to L, Hold (4) 12.00

Repeat Section 1 to 3 and add 4 count Bridge (start facing 12.00 and ended at 12.00)

***Bridge Add 4 counts bridge after repeat from Section 1 to 3**

1-4 Side Rock R, Recover L, Touch R next to L, Hold (4) 12.00

Part A - 24 count

A1 [1-8] Rhumba Box

1-4 Step R to Side R, Step L next to R, Forward R, Hold (4) 12.00

5-8 Step L to Side L, Step R next to L, Back L, Hold (8) 12.00

A2 [9-16] Modified Side Chasse R, Hold, Cross, 1/4L (Back), Back, Hold

1-4 Step R to Side R, Step L next to R, Step R to Side R, Hold (4) 12.00

5-8 Cross L over R, 1/4 Turn L (Back R), Back L, Hold (8) 9.00

A3 [17 - 24] Draw a Circle with R, Draw a Circle with L

1-4 Draw a circle with R (clockwise motion) for 3 counts, Step R next to L (9.00)

5-8 Draw a circle with L (anticlockwise motion) for 3 counts, Step L next to R (9.00)

Repeat A1 to A3 (Start facing 9.00 and end at 6.00)

Part B - 16 count

B1 [1 - 8] Forward Heel Grind Step x 4 Times

1-2 Forward Heel Grind R, Step Forward R (6.00)

3-4 Forward Heel Grind L, Step Forward L

5-6 Forward Heel Grind R, Step Forward R

7-8 Forward Heel Grind L, Step Forward L (6.00)

B2 [9 - 16] Jazz Box, 1/4R Jazz Box

1-4 Cross Step R, Back L, Side R, Forward Step L (6.00)

5-8 Cross Step R, 1/4R (Back L), Side R, Forward Step L (9.00)

Repeat B1 to B2 (Start facing 9.00 and end at 12.00)

Ending on Part A2 - Count 6, add Back Touch L, Unwind 1/2L to pose facing 12.00

Enjoy!

angeldancinz@gmail.com

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