

My Jesus

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mary Pentangelo (USA) - March 2025
音樂: My Jesus - Anne Wilson



Start on the word "past" when the lyrics begin with "Are you past...")

[1-8] RF Diagonal Lock Step, LF Diagonal Lock Step

1-4 RF step fwd, LF lock behind RF, RF step fwd, LF brush
5-8 LF step fwd, RF lock behind RF, LF step fwd, RF brush

[9-16] RF Rock Recover, 2-Step Full Turn, RF Pony, LF Pony

1-2 RF rock fwd recover on LF (prep)
3-4 RF half turn over R shoulder, LF half turn over R should (facing back to front)
5&6 RF step slightly back, LF stays slightly fwd step with a quick switch to RF
7&8 LF step slightly back, RF stays slightly fwd step with a quick switch to LF

[17-24] RF Step Side Together, RF Step-Together-Step, LF Mambo Fwd & Back, RF Mambo Back & Fwd

1-2 RF step side, LF step next to RF
3&4 RF step side, LF step next to RF, RF step side
5&6 LF rock fwd, quick recover on RF, LF step back
7&8 RF rock back, quick recover on LF, RF step fwd

[25-32] LF Step Side Together, LF step-Together-Step, RF Rocking Chair, RF Heel Dig 1/4 Turn Over L

1-2 LF step side, RF step next to LF
3&4 LF step side, RF step next to LF, LF step side
5&6& RF rock fwd, recover left, RF rock back, recover left
7-8 LF heel dig, 1/4 turn over left shoulder on heel

Restart: Wall 6 after 16 counts, add tag and then restart

Tag: 4 cts – RF step touch, LF step touch with hands up and slightly wave side to side with steps

Tag 1 – end of Wall 1

Tag 2 – end of Wall 2

Tag 3 – double tag (do it twice) end of Wall 5

Tag 4 – with restart on Wall 6

Tag 5 - end of Wall 6

Thank you for checking out my dance!

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