My Hope For You

級數: Beginner

編舞者: Barb Gido (USA)

拍數: 24

音樂: I Hope You Dance - Lee Ann Womack

WALK FORWARD, RIGHT SIDE ROCKS, WALK BACK, LEFT SIDE ROCKS

- 1-2-3&4 Walk forward right, left, rock right side, to left, to right
- 5-6-7&8 Walk back left, right, rock left side, to right, to left

STOMPS & TOE TAPS

- 9-12 Stomp right foot, tap right toe out to right side twice, then tap in to center (weight on right)
- 13-16 Stomp left foot, tap left toe out to left side twice, then tap in to center (weight on left)

FORWARD & BACK ROCKS, CROSS, UNWIND ½ TURN LEFT

- 17&18 Rock right forward, back left, rock right forward (weight on right)
- 19&20 Rock left back, forward right, back on left (weight on left)
- 21-22 Cross step right foot over left, unwind (swivel 1/2 turn to the left on toes of both feet)
- 23-24 Stomp right, stomp left

REPEAT





牆數: 2