

My Miracle

拍數: 32 牆數: 4 級數: Improver
編舞者: Colleen Archer (AUS)
音樂: Angels Brought Me Here - Guy Sebastian



- 1-2 Sweep step left forward and across right, sweep step right forward and across left
3&4 Full turn left (moving forward), stepping left, right, left (move forward on counts 1-4)
5&6 Step right forward, turn ½ left taking weight left, step right forward
7&8 Cross shuffle to right stepping left, right, left (6:00)
- 1&2& Step right to side, step cross left behind right, rock step right to side, rock weight onto left
3&4 Cross shuffle to left stepping right, left, right
5&6 Step left back, step right beside left, turn ¼ right and step left forward, drag right toward left
7&8 Step right back, step left beside right, turn ¼ right and step right forward, drag left toward right

These are coaster steps with a quarter turn right (12:00)

- 1-2& Step left to side, cross rock right behind left, replace weight forward onto left
3-4& Step right to side, cross rock left behind right, replace weight forward onto right
5&6 Step left forward, turn ½ right taking weight onto right, step left forward
7&8 Step right forward, turn ¼ left taking weight onto left, step right forward (3:00)
- 1-2 Long step forward on left, drag right toward left, long step back on right, drag left toward right
3&4 Left coaster step (step left back, step right beside left, step left forward)
5 Step right forward (keep looking ahead as body starts to turn)
6 Turn ½ left taking weight onto left
7&8 Full turn right (moving forward), stepping right, left, right (start to sweep left forward) (9:00)

REPEAT

RESTART

Third wall, dance first 20 counts, restart dance facing back wall

FINISH

When music slows, pause for one count on right step forward. Resume, stepping left forward on the word "know". Continue dance finishing with full turn left, step right forward, drag left to touch beside right