

拍數: 70 牆數: 1 級數: Intermediate

編舞者: Helen Oastler (UK)

音樂: If You Came Back from Heaven - Lorrie Morgan



SIDE TOUCH, WEAVE, TWINKLE 1/4 TURN TWINKLE IN PLACE

1-2	Step left to left touch right next to left

3&4 Step right to right, left behind right, right to right side

5&6 Cross left over right, step back on right and step left into 1/4 turn left

7&8 Cross right over left, step back on left and step right in place

SWEEP LEFT AND RIGHT, SAILOR, ROCK 1/2 TURN, MAMBO

1-2	Sweep left round behind right, sweep right behind left				
3&4	Step left behind right, step right to right and left next to right				

3&4

5&6 Rock forward on right, recover onto left and step right into ½ turn right

7&8 Rock forward on left back on right and left in place

BACK ROCK, CROSS SHUFFLE, SIDE ROCK CROSS AND CHASSE

1&2	Rock back right behind left recover onto left, step right to right
3&4	Cross left over right step right to right, cross left over right
5&6	Rock right to right, step left next to right cross right over left

7&8 Step left to left close right up to left, step left to left

BACK ROCK ½, BACK ROCK ¼, BACK ROCK ½, COASTER TOUCH

1&2	Rock back on right recover on to left step right into ½ turn left
3&4	Rock back on left recover onto right step left in ¼ turn right
5&6	Rock back on right recover onto left step right into ½ turn left
7&8	Step back on left step right in place and touch left next to right

TRAVELING HIP BUMPS LEFT AND RIGHT, ROCK 1/4 TURN BEHIND SIDE CROSS

1&2	Step forward left and sway hips to the left, right and left
3&4	Step forward right and sway hips to the right, left and right
5&6	Cross left over right recover onto left step right into $\frac{1}{4}$ turn left
7&8	Step right behind left, left to the side, cross right in front

LEFT TOUCHES BEHIND SIDE TOGETHER, RIGHT TOUCHES BEHIND SIDE TOGETHER

1&2	Touch left toe out to the left, in place and out to the left
3&4	Step left behind right, right to right side, step left together
5&6	Touch right toe out to the right, in place and out to the right
7&8	Step right behind left, left to the left, step right together

MAMBO FORWARD MAMBO BACK, ROCK 1/2 TURN CROSS UNWIND, HOLD

1&2	Rock forward on left recover onto right, step left in place
3&4	Rock back on right recover onto left and step right in place
5&6	Rock forward left recover onto right step left into ½ turn left

7&8 Cross right over left and unwind a full turn left

Tag goes here on walls 1 & 2

ROCK AND ROCK, COASTER STEP, STEP CLICK TWICE

1-2&	Rock forward	left recover of	onto right s	step left into place
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3-4 Rock forward right recover onto left 5&6 Step back right step left together step right forward

7&8& Step forward left, click fingers, step forward right click fingers

ROCKING CHAIR, ROCK ¾ TURN RIGHT, SIDE STEP TOUCH

Rock forward on the left recover onto the right, rock back onto the left recover onto the right
Rock forward onto the left step back onto right making ¼ turn left, step forward left making ½

turn lef

5-6 Step right to the right and touch left in place

REPEAT

TAG

On walls 1 & 2 only there is a hold in the music at count 54. Sway hips right making sure weight is on the right foot

On wall 2, replace the last 8 counts with:

1&2 Step left into ¼ turn right and touch left in The music slows on the last wall just flow with it and enjoy it