

The Sake Of My Pride

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michael Lynn (UK)
音樂: Amazing - Westlife



HEEL SWITCHES, TOE SWITCHES, TWIST, SHUFFLE BACK LEFT

1&2& Touch right heel forward, step right beside left, touch left toe behind right, step left beside right
3&4 Touch right toe behind left, step right beside left, touch left toe forward
5-6 Twist both heels outward, twist both heels back to center
7&8 Step back left, close right beside left, step back left

DOUBLE TIME GRAPEVINE, RIGHT ROCK RECOVER, ¾ TURNING TRIPLE RIGHT

1&2& Step right to right side, cross left behind right, step right to right side, step left to right side
3&4& Step right to right side, cross left behind right, step right to right side, step left to right side
5-6 Step right forward, rock weight back onto the left
7&8 Triple step ¾ turn right, stepping - right, left, right

STRUTTING JAZZ BOX

1-2 Cross left toe over right, drop heel to the floor
3-4 Step right toe back, drop heel to the floor
Restart dance from beginning at this point on wall 6
5-6 Step left toe to left side, drop heel to the floor
7-8 Step right toe to right side, drop heel to the floor

VAUDEVILLE LEFT, TOE POINTS, CROSS OVER, UNWIND

1-2 Step diagonally back left on left, cross right over left
3-4 Step diagonally back left on left, touch right heel diagonally forward right
Restart dance from beginning at this point on walls 2, 4, 5, 7
5&6 Point left toe to left side, step left foot next to right, point right toe to right
7-8 Cross right foot over left, unwind ½ turn over left shoulder

REPEAT

RESTART

Restart after count 20 on wall 6.
Restart after count 28 on walls 2, 4, 5, and 7.
