

So True (P)

拍數: 32 牆數: 0 級數: Partner
編舞者: Steve Mason (UK)
音樂: The Love Of A Woman - Diamond Jack



Position: Right Side-by-Side (Sweetheart), Both Facing LOD

MAN'S STEPS

BOTH: BACK FORWARD TOGETHER FORWARD BACK BACK FORWARD TOGETHER, FORWARD BACK

- 1-2& Rock step back on right foot, recover weight forward to left foot, close right foot behind left foot
- 3-4 Rock step left foot forward, recover weight back on to right foot in place
- 5-6& Rock step back on left foot, recover weight forward to right foot, close left foot behind right foot
- 7-8 Rock step right foot forward, recover weight back on to left foot in place

The above 8 counts should be done using swaying hip motion on a slight diagonal

STEP BACK RIGHT, LEFT, RIGHT, LEFT, CROSS TOUCH, SKATE, LOCK STEP, SHUFFLE, SKATE

- 9-10 Step back on right foot, step back on left foot
- &11-12 Small step back on right foot, small step back on left foot, cross touch right toe over left foot
- 13-14& Skate step right foot diagonally forward, step left foot diagonally left forward, lock step right foot behind left
- 15-16 Skate step left foot diagonally forward, skate step right slightly foot diagonally right

Hands: drop left hand hold on 9-10, resume sweetheart

LEFT GRAPEVINE, BRUSH, CROSS BACK, SIDE, CROSS, SIDE

- 17-18 Step left foot to left, cross right foot behind left foot
- 19-20 Step left foot to left side, brush right foot forward
- 21-22& Cross step right foot over left foot, step back on left foot, step right foot to right side
- 23-24 Cross step left foot over right foot, step right foot to right side

Hands: drop left hand hold on 17-19, resume sweetheart

SKATE, LOCK STEP SHUFFLE, SKATE, 2 X HALF PIVOT TURNS

- 25-26& Skate step left foot diagonally forward, step right foot diagonally right forward, lock step left foot behind left foot
- 27-28 Skate right foot diagonally right forward, skate step left foot forward
- 29-30 Step forward on right foot, ½ pivot turn left
- 31-32 Step forward on right foot, ½ pivot turn left

Hands: lift right hands, drop left hand hold, on pivot turn drop right hand hold and pick up left hand hold

REPEAT

LADY'S STEPS

BOTH BACK FORWARD TOGETHER FORWARD BACK BACK FORWARD TOGETHER, FORWARD BACK

- 1-2& Rock step back on right foot, recover weight forward to left foot, close right foot behind left foot
- 3-4 Rock step left foot forward, recover weight back on to right foot in place
- 5-6& Rock step back on left foot, recover weight forward to right foot, close left foot behind right foot
- 7-8 Rock step right foot forward, recover weight back on to left foot in place

The above 8 counts should be done using swaying hip motion on a slight diagonal

FULL TURN DIRECTLY BACK, BACK, BACK TOUCH, SKATE, LOCK STEP SHUFFLE, SKATE

9-10 Make ½ turns back to the right stepping on to right foot, make ½ turn back to the right stepping on to left foot

Counts 9-10 can be replaced with walk back on right, left

&11-12 Small step back on right foot, small step back on left foot, cross touch right toe over left foot

13-14& Skate step right foot diagonally forward, step left foot diagonally left forward, lock step right foot behind left

15-16 Skate step left foot diagonally forward, skate step right slightly foot diagonally right

Hands: drop left hand hold on 9-10, resume sweetheart

FULL TURN LEFT, BRUSH CROSS, BACK, SIDE, CROSS, SIDE

17-18 Step left foot to left side making ¼ turn left, make ½ turn left stepping on to right foot

19-20 Make ¼ turn left stepping on to left foot, brush right foot forward

Counts 17-19 can be replaced with a left grapevine

21-22& Cross step right foot over left foot, step back on left foot, step right foot to right side

23-24 Cross step left foot over right foot, step right foot to right side

Hands: drop left hand hold on 17-19, resume sweetheart

SKATE, LOCK STEP SHUFFLE, SKATE, 2 X HALF PIVOT TURNS

25-26& Skate step left foot diagonally forward, step right foot diagonally right forward, lock step left foot behind left foot

27-28 Skate right foot diagonally right forward, skate step left foot forward

29-30 Step forward on right foot, ½ pivot turn left

31-32 Step forward on right foot, ½ pivot turn left

Hands: lift right hands, drop left hand hold, on pivot turn drop right hand hold and pick up left hand hold

REPEAT

RESTART

On the 6th repetition, dance steps 1-28 then start again .just omit the 2 half pivot turns

FINISH

Finish the dance steps 1-16 and add an extra left skate step to finish with the music

Special thanks to Catherine Wake for the inspiration of the choreography of "So True"
