

Step To The Rhythm

拍數: 32 牆數: 0 級數:
編舞者: Vivienne Scott (CAN)
音樂: Surrender - Laura Pausini



CROSS ROCK LEFT OVER RIGHT, SIDE SHUFFLE LEFT WITH ¼ TURN, TWO COUNT FULL TRAVELING TURN, SHUFFLE FORWARD RIGHT

1-2 Cross rock left over right, rock back onto right
3&4 Making ¼ turn left, step forward left, step right beside left, step forward left
5-6 Step forward right making ½ turn left, step back left making ½ turn left
7&8 Step forward right, step left beside right, step forward right

Optional arm movements for "I Surrender" for counts 3-8. During the dance on walls 3 (back), 4 (9:00), 8 (front) and 9 (3:00) when Laura sings "I raise my hands" start raising your hands in a circular movement to the left on counts 3&4, holding them up on counts 5-6, then lowering them on counts 7&8.

SIDE ROCK LEFT, CROSS SHUFFLE LEFT OVER RIGHT, VINE TO RIGHT WITH TURNS

9-10 Making ¼ turn right, rock side left, recover on right
11&12 Cross left over right, step right to right side, cross left over right
13-14 Step right to right side, step left behind right
15-16 Step right to right side with ¼ turn right, step forward left with ½ turn right

STOMP FORWARD RIGHT, STEP LOCK FORWARD, SWEEP RIGHT ACROSS LEFT WITH ¼ TURN (WITH HANDS MOVING IN CIRCULAR MOTION), STEPS BACK

17 Stomp right foot forward pointing toe to right diagonal
18-20 Step forward left, lock right behind left, step forward left
21-22 Sweep right across left making ¼ turn to left, step down on right

Optional arm movements: on count 4 place left arm across the body hand pointed down, right hand also pointed down. On counts 5-6, move arms in circular to the left movement in front of the body ending with arms straight down each side of the body, palms facing back

23-24 Step back left, right

LEFT TOE TOUCH WITH HOLD, SHUFFLE FORWARD LEFT, RIGHT TOE TOUCH WITH FLICK & ¼ TURN, SIDE SHUFFLE RIGHT

25-26 Touch left toe at the right side of right foot, hold
27&28 Step forward left, step right beside left, step forward left
29-30 Touch right toe forward, push down on right and flick right toe behind making ¼ turn left
31&32 Step right to side right, step left beside right, step right to right side

REPEAT

TAG

To "I Surrender" by Laura Pausini. At the end of the dance, on 5th wall only, facing front (Do this tag only once)

CROSS ROCK LEFT OVER RIGHT, SIDE SHUFFLE LEFT WITH ¼ TURN, TWO COUNT FULL TRAVELING TURN, SHUFFLE FORWARD RIGHT WITH ¼ TURN LEFT

1-2 Cross rock left over right, rock back onto right
3&4 Making ¼ turn left, step forward left, step right beside left, step forward left
5-6 Step forward right making ½ turn left, step back left making ½ turn left
7&8 Step forward right, step left beside right, step forward right making ¼ turn left

You will be facing the back wall, then start the dance again from count 1