

This I Swear

拍數: 56 牆數: 2 級數:
編舞者: Lu Olsen (AUS)
音樂: This I Swear - Nick Lachey



BACK/BRUSH, BACK, CROSS, BACK/BRUSH, FORWARD, ½ TURN BACK, BACK/BRUSH, FORWARD, ¼ TURN, BEHIND, SIDE CROSS, SIDE

- 1 Right back at right diagonal and brush left slightly over right shin, (all brushes are styling)
- 2& Left back at left diagonal, cross right over left
- 3 Left back at left diagonal and brush slightly right over left shin
- 4& Right forward, ½ right turn and stepping left back
- 5 Right back at right diagonal & brush slightly left over right shin
- 6 Left forward, ¼ left turn and step right to right
- 7&8& Left behind right, right to right, left over right, right to right 3:00

SIDE/Drag, BEHIND, ¼ FORWARD, FORWARD, FORWARD, FORWARD & ¼ TURN, SIDE, CROSS, SIDE, BEHIND, ROCK, ROCK

- 1-2&3-4 Large step to left on left foot and drag right towards left, right behind, ¼ left turn and step left forward, right forward, left forward

Dance finish goes here

- &5&6& Right forward with ¼ left turn, left to left, cross right over left, left to left, right behind left
- 7-8 Rock/sway left to left, rock/sway right to right, 9:00

LEFT SAILOR, RIGHT BESIDE LEFT, ROCK, REPLACE, BACK, FORWARD, ½ TURN STEP BACK, BACK, LEFT COASTER

- 1&2 Left behind right, right to right, left to left
- &3-4 Right beside left, rock left to left, rock right to right
- &5&6 Rock left back, rock right forward, ½ right turn as stepping back on left, right back
- 7&8 (Left coaster) left back, right beside left, left forward 3:00

FORWARD/DRAG/TOUCH, LEFT TO LEFT, RIGHT BESIDE, FORWARD/DRAG/TOUCH, RIGHT TO RIGHT, LEFT BESIDE, FORWARD, BACK, 1 ½ RIGHT, LEFT, RIGHT, LEFT, RIGHT SHUFFLE TRAVELING BACKWARDS

- 1-2& Right forward and drag left towards and touch left beside right, left to left, right beside left
- 3-4& Left forward and drag right towards and touch right beside left, right to right, left beside right
- 5-6 Right forward, rock back on left
- &7&8 ½ turning right traveling backwards = right-left-right-left 9:00

TWIST ½ TURN, TWIST ¼ TURN, TWIST ½ TURN, FORWARD, FORWARD, BACK, BESIDE, FORWARD, REPLACE, BESIDE

- 1-2-3- Forward on right foot twisting into ½ turn left, forward on left foot twisting into ¼ turn right, forward on right foot twisting into ½ turn left
- 4-5-6& Left forward, right forward, rock left back, right beside left
- 7-8& Rock left forward, replace right in place, left beside right

Restart from here on wall 2

FORWARD ½ PIVOT, FORWARD, FORWARD, ½ TURN STEP BACK, ¼ TURN, FORWARD (REPEAT THESE 4 COUNTS)

- 1-2& Right forward with ½ pivot left turn, left forward, right forward
- 3&4 ½ right turn and step left back, ¼ right turn right to right, left forward, 3:00
- 5-6& Right forward with ½ pivot left turn, left forward, right forward
- 7&8 ½ right turn and step left back, ¼ right turn right to right, left forward, 6:00

RIGHT OVER LEFT, REPLACE, SIDE, LEFT OVER RIGHT, REPLACE, SIDE, FORWARD TOUCH BESIDE, FORWARD TOUCH BESIDE

1-2&3-4& Rock right over left, replace on left, right to right, rock left over right, replace on right, left to left

Restart from here on wall 3

5-6 Right forward, touch left beside right and click right fingers at shoulder height

7-8 Left forward, touch right beside left and click right fingers at shoulder height. 6:00

REPEAT

RESTART

On wall 2, dance to count 40 and start again

On wall 3, dance to count 52& and start again

TAG

At end of wall 4, add

57 Right hip sway

58 Left hip sway

Start again and dance through to the end:

FINISH

On the last wall, dance first 12 counts of dance and add the ending below to finish to the front

1-2 Right forward, touch left beside right and click right fingers at shoulder height

3-4 Left forward, touch right beside left and click right fingers at shoulder height
