

True 2 U

拍數: 72 牆數: 1 級數: Intermediate
編舞者: Maureen Jones (UK) & Michelle Jones (UK)
音樂: True to Your Love - Brødrene Olsen



Except for the final eight counts of the dance, the rhythm throughout is "quick, quick, slow" with each "slow" covering two counts which should flow smoothly into one continuous movement. Enhance the flow of the dance by rising onto the balls of the feet during every "slow".

STEP, LOCK, DIAGONAL STEP, DRAG: TWICE

1-2 (QQ) Step right forward, lock left behind right

3-4 (S) Step right long step diagonally forward right and drag left to meet right

Do not step on left or touch left beside right. Weight always remains on right as the left foot drags smoothly towards right and then forward into count 5.

5-6 (QQ) Step left forward, lock right behind left

7-8 (S) Step left long step diagonally forward left and drag right to meet left

Do not step on right or touch right beside left. Weight always remains on left as the right foot drags smoothly towards left and then forward into count 9.

ROCK, ½ TURN, STEP, LOCK, STEP, RISE

9-10 (QQ) Rock forward on right, recover back on left

11-12 (S) Make ½ turn right and step forward on right moving weight slowly forward over 2 counts

13-14 (QQ) Step left forward, lock right behind left

15-16 (S) Step left forward rising up onto balls of feet

ROCK, SIDE, ROCK, SIDE

17-18 (QQ) Rock right to right, recover left to left (sway hips)

19-20 (S) Over 2 counts step right long step to right and drag left slightly towards right (weight remains on right)

21-22 (QQ) Rock left to left, recover right to right (sway hips)

23-24 (S) Over 2 counts step left long step to left and drag right slightly towards left (weight remains on left)

SAILOR STEP WITH ¼ TURN, ¼ TURN, SIDE, CLOSE, SIDE

25-26 (QQ) Step right behind left, step left to left

27-28 (S) Make ¼ turn right and step right long step forward over 2 counts

29-30 (QQ) Make ¼ turn right and step left to left (sway hips left), step right beside left (sway hips right)

31-32 (S) Step left to left swaying hips slowly to left over 2 counts

½ TURN, SIDE, CLOSE, SIDE, ROCK, SIDE

33-34 (QQ) Make ½ turn left and step right to right (sway hips right), step left beside right (sway hips left)

35-36 (S) Step right to right swaying hips slowly to right over 2 counts

37-38 (QQ) Rock left to left, recover right to right (sway hips)

39-40 (S) Over 2 counts step left long step to left and drag right slightly towards left (weight remains on right)

SAILOR STEP WITH ¼ TURN, SAILOR FORWARD

41-42 (QQ) Step right behind left, step left to left

43-44 (S) Step right long step to right and begin making ¼ turn left, sweep left out to left and complete ¼ turn left

45-46 (QQ) Step left behind right, step right to right and slightly forward

47-48 (S) Step left long step forward over 2 counts

STEP, CLOSE, STEP, RISE, ¼ TURN, BEHIND, ¼ TURN

49-50 (QQ) Step right forward, step left beside right

51-52 (S) Step right forward and rise up on balls of feet, leaning body forward

53-54 (QQ) Make ¼ turn left and step left to left, step right behind left

55-56 (S) Make ¼ turn left and step left forward, moving weight slowly forward over 2 counts

STEP, CLOSE, STEP, RISE, ¼ TURN, BEHIND, ¼ TURN

57-64 Repeat counts 49-56

ROCK, BACK, BACK, ROCK, SWEEP, ¼ TURN TOUCH

65-66 Rock forward on right, recover back on left

67-68 Step back on right, step back on left

69-70 Rock back on right, recover forward on left

71-72 Sweep right out to side and across in front of left, continuing sweep make ¼ turn left and touch right beside left

REPEAT

TAG

Insert immediately after walls 1 and 3

1-4 Click fingers at shoulder height, hold for 3 counts

FINISH

The dance ends on count 37. Hold until the Olsens sing the words "I'll be true to you". On the word "true" cross right over left and unwind a slow ½ turn left. Hold and slowly stretch both arms forward, outwards and upwards as final chords conclude on the word "you".
