Would You Dance (If I Asked You To

Dance)



拍數: 64 牆數: 4 級數: Intermediate

編舞者: Hazel Pace (UK)

音樂: Hero (Metro Mix) - Enrique Iglesias



WALK RIGHT, LEFT, STEP, LOCK, STEP, ¾ TURN RIGHT, SIDE SHUFFLE, ROCK

1-2 Walk forward right, left

3&4 Step forward right, lock left behind right, step forward right.

5 Step forward left spinning ¾ turn right on ball of left (lifting right foot as you turn) 6&7 Quickly step right to right side, step left beside right, step right to right side

8 Cross rock left over right

RECOVER, SIDE STEP (CROSS TWIST, SIDE TWIST, X 3 - WITH FINGER CLICKS)

1-2 Recover weight on right, step left to left side

3 Cross right over left twisting your body and left foot to left diagonal and take weight on right

when facing left diagonal

4 Step left to left side while twisting your body and right foot to face home wall and take weight

on left when facing home wall

5-8 Repeat counts 3 & 4 two more times

Hand movements on counts 3-8

Hands at head height as in black coffee. When twisting to left diagonal hands go right. When facing home wall bring arms to front clicking fingers

CROSS ROCK, SIDE SHUFFLE 1/4 TURN, RIGHT STEP 1/4 PIVOT RIGHT, CROSS ROCK

1-2 Cross rock right over left, recover on left

3&4 Step right to right side, step left beside right, step right into ¼ turn right

5-6 Step forward left, ¼ pivot turn right (weight on right foot)

7-8 Cross rock left over right, recover on right

SIDE SHUFFLE LEFT, CROSS ROCK, 3/4 TURN RIGHT, BACK LOCK BACK

1&2 Step left to left side, step right beside left, step left to left side

3-4 Cross rock right over left, recover on left

5-6 Step right into ¼ turn right, on ball of right ½ turn right stepping back on left

7&8 Step back on right, lock left over right, step back on right

BACK ROCK, RECOVER, TOE TOUCH TWICE, STEP 1/4 PIVOT

1-2 Rock back on left, recover on right
3-4 Touch left toe forward, step down on left
5-6 Touch right toe forward, step down on right
7-8 Step down on left, ¼ pivot turn right.

CROSS FLICK 1/4 TURN LEFT, STEP LOCK STEP, ROCK STEP, COASTER STEP

Cross left over right.

2 Weight on left flick right leg out turning ¼ turn left

3&4 Right step forward, lock left behind right, step forward right.

5-6 Rock forward on left, recover on right

7&8 Step back on left, step right beside left, step forward on left

STRIDE SLIDE FORWARD, ROCK RECOVER, STRIDE SLIDE BACK, ROCK RECOVER

1-2 Stride forward on right, slide left towards right

3-4	Rock forward on left, recover on right
5-6	Stride back on left, slide right towards left
7-8	Rock back on right, recover on left

STEP ½ PIVOT LEFT, STEP LOCK STEP, STEP ¾ TURN RIGHT, STEP LOCK STEP.

1-2 Step forward on right, ½ pivot turn left

3&4 Step forward on right, lock left behind right, step forward on right

On ball of right ½ turn right stepping back on left
 On ball of left ¼ turn right stepping right to right side

7&8 Step forward on left, lock right behind left, step forward on left

REPEAT

OPTIONAL INTRO

For first 30 seconds, if dancing to the song "Hero", 1-32 counts danced on the spot. Starts very slowly getting slightly quicker. Start on the word "dance"

1-2 Rock forward on right, recover on left

3&4 Right coaster step.

5-6 Rock forward on left, recover on right

7&8 Left coaster step

On the word "dance" you will be on counts 1 & 5

9&10	Step forward on right, ½ pivot left, step forward on right
11-12	Rock forward on left, recover on right
13-14	Rock back on left (looking back over left shoulder), recover on right
15&16	Step forward on left, ½ pivot right, step forward on left

On the words "would you run" you will be on counts 9 & 10 and on the words "never look back" you will be on count 13

17&18	Rock right to right side, recover on left, cross right over left
19&20	Rock left to left side, recover on right, cross left over right
21222	Popost 17 & 18

21&22 Repeat 17 & 18

Step forward on left, ½ pivot right, step forward on left

On the words "would you cry" you will be on counts 17 & 18 and on the words "if you saw me crying" you will be on counts 21 & 22. Bring right hand up to eyes as if wiping a tear

25-32 Slow walk making 1 ½ turns left

Walking round in a circle clicking fingers starting on right, left, repeat 3 times (start walking on the word "save")

You will now be facing front ready to start the dance.