

You Are The World

拍數: 64 牆數: 4 級數: Improver two step
編舞者: Alan Haywood (UK)
音樂: You're the World - The Bellamy Brothers



RIGHT FORWARD, HOLD, LEFT FORWARD, HOLD, RIGHT MAMBO ½ RIGHT, HOLD

1-2 Step right forward, hold
3-4 Step left forward, hold
5-6-7-8 Rock forward onto right, recover weight back onto left, pivot ½ right, hold

& RIGHT FORWARD, HOLD, LEFT FORWARD, HOLD, RIGHT MAMBO ½ RIGHT, HOLD

&1-2 Close left next to right, step right forward, hold
3-4 Step left forward, hold
5-6-7-8 Rock forward onto right, recover weight back onto left, pivot ½ right, hold

On wall 5, restart here (facing 12:00 wall)

& ROCK FORWARD RIGHT, HOLD, RECOVER LEFT, HOLD, RIGHT BEHIND AND ACROSS, HOLD

&1-2 Close left next to right, rock forward onto right, hold
3-4 Recover weight back onto left, hold
5-6-7-8 Cross step right behind left, step left to left side, cross step right over left, hold

LEFT SIDE ROCK, HOLD, RECOVER RIGHT, HOLD, LEFT BEHIND RIGHT ¼, LEFT FORWARD, HOLD

1-2 Rock left to left side, hold
3-4 Recover weight onto right, hold
5-6-7-8 Cross step left behind right, step right ¼ right, step left forward, hold

ROCK FORWARD RIGHT, HOLD, RECOVER LEFT, HOLD, TRIPLE ½ RIGHT, HOLD

1-2 Rock forward onto right, hold
3-4 Recover weight back onto left, hold
5-6-7-8 Triple ½ right stepping right left right, hold

ROCK FORWARD LEFT, HOLD, RECOVER RIGHT, HOLD, TRIPLE ½ LEFT, HOLD

1-3 Rock forward onto left, hold
3-4 Recover weight back onto right, hold
5-6-7-8 Triple ½ left stepping left right left, hold

TRIPLE FULL TURN LEFT, HOLD, LEFT COASTER, HOLD

1-2-3 Triple full turn left stepping right left right

Easy option: small steps shuffle forward right left right

4 Hold
5-6-7-8 Step back onto left, step right next to left, step left forward, hold

(RUMBA BOX), RIGHT SIDE, LEFT TOGETHER, RIGHT BACK, HOLD, LEFT SIDE, RIGHT TOGETHER, LEFT FORWARD, HOLD

1-2-3 Right side, left together, right back
4 Hold
5-6-7-8 Left side, right together, left forward, hold

REPEAT

RESTART

On wall 5, facing 12:00 wall, dance the first 16 steps, then restart

