You're The Inspiration



拍數: 48 牆數: 2 級數: Intermediate

編舞者: Niels Poulsen (DK)

音樂: You're the Inspiration - Chicago



BASIC RIGHT, SIDE LEFT, TURN 5/8 RIGHT WALKING RIGHT LEFT RIGHT, BACK BACK TURN ½ LEFT, TURN 5/8 LEFT

1-2&	Step right to right side, close left behind right, cross right in front of left 12:00.	
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3-4& Step left to left side, turn 5/8 right on left stepping forward on right (7:30), step forward on left

7:30

5-6& Rock forward on right, recover weight back to left, step back on right

7-8& Turn ½ left stepping forward on left, turn 1/8 left stepping right to right side, turn ½ left

stepping left to left 6:00

CROSS ROCK, & WEAVE RIGHT, ROCK LEFT FORWARD, & TURN ¾ LEFT INTO BASIC RIGHT

1-2&	Cross rock right over left, recover left, & step small step back on right 6:00	
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3&4& Cross left over right, step right to right side, cross left behind right, step right to right side

5-6& Rock left forward, recover right, turn ½ left on right stepping left forward 12:00

7-8& Turn ¼ left stepping right to right side, close left behind right, cross right in front of left 9:00

BIG STEP LEFT, BEHIND SIDE CROSS TOUCH, FULL UNWIND LEFT, SWEEP RIGHT IN FRONT, BACK TWINKLES TWICE

1-2&	Step left big step to left side, cross right behind left, step left to left side
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3-4 Cross touch right over left, unwind ½ left on left 3:00

5-6& Unwind another ½ turn left on left sweeping right in front of left, cross right over left (body

angled towards 7:30), step left back towards 3:00 9:00

7-8& Step right back towards 1:30 (body angled towards 10:30), cross left over right, step back on

right towards 3:00 (body angled towards 9:00) 9:00

DIAGONAL STEP BACK LEFT, CROSS ROCK RIGHT WITH ¼ RIGHT FORWARD, TURNING VINE, STEP ½ TURN LEFT STEP, WALKS RIGHT LEFT RIGHT

1-2& Step left back towards 4:30 (body angled towards 7:30), cross rock right over left, recover left

9:00

3-4& Turn ¼ right stepping forward on right, turn ¼ right stepping left to left side, cross right behind

left 3:00

5-6& Turn ¼ left stepping forward on left, step forward on right, turn ½ left (weight left) 6:00

7-8& Walk forward right, walk forward left *(note: 2nd and 3rd restart occur here), walk forward

right 6:00

HALF DIAGONAL FALLAWAY (HALF DIAMOND BOX), BASIC LEFT, SIDE RIGHT, LEFT COASTER

1-2& Step left to left side, cross right diagonally behind left (facing 7:30), continue moving

diagonally backwards stepping back on left 7:30

3-4& Turn 1/8 right stepping right to right side (facing 9:00), cross left diagonally over right (facing

10:30), continue stepping diagonally forward on right 10:30

5-6& Turn 1/8 right stepping left to left side (facing 12:00), close right behind left, cross left over

right 12:00

7-8& Step right to right side, step back on left, step right next to left

STEP FORWARD LEFT, KICK RIGHT FORWARD, CROSS, SPIRAL TURN LEFT, BASIC RIGHT, TURN, TURN CROSS

1-2	Step forward on left, kick right forward and upwards (straighten leg as you kick) 12:00
3-4	Cross right over left, unwind full turn left on left foot (note: 1st restart occurs here)

5-6& Step right to right side, close left behind right, cross right in front of left

REPEAT

RESTART

Restart on 2nd wall after count 44 (facing 6:00)

Restart on 4th wall after count 32 (facing 6:00) Restart on 5th wall after count 32 (facing 12:00)