

Immortal

拍數: 64 牆數: 2 級數:
編舞者: Sarah Nicholson
音樂: My Immortal - Evanescence



- 1 Rock right foot forward
2-3 Recover weight onto left sweep right foot behind left
&4 Step right foot down, step left foot to left side
5 Step right front across left
6-7 Step back on left foot making $\frac{1}{4}$ turn right, bring right foot together
8 Step back on left
- 1 Step right across left, hold
2&3 Step left out the left side, step right next to left, step left across right
&4 Step right out to right side, step left out to left side
5-6 Step right foot across left foot, step left to left side
7-8 Step right behind left, $\frac{1}{4}$ bringing left next to right (sweep left foot)
- 1-2 Step forward on right foot, pivot $\frac{1}{2}$ turn to left leaving weight on right foot, hold
3&4 Sweep left behind right, step left behind right, step right foot forward
5-6 Hitch left knee $\frac{1}{4}$ turn in front of right, step left foot across in front of right
&7 Step right foot to right side, step left foot across right
&8 Step right foot to right side, step left foot across right
- 1 Unwind $\frac{1}{2}$ turn right, hold
2&3 Step back right behind left(close next to left), step slightly forward left, step slightly on right
4-5 Step $\frac{1}{4}$ turn right, step $\frac{1}{2}$ turn back on left
6 Step forward $\frac{1}{2}$ turn on right
7&8 Hitch right knee $\frac{1}{4}$ turn, step right, left slightly behind right, step forward on right
- 1-2 Step back on right foot, step left together
3 Step right across
4-5 Step left foot to left side, swaying hips to the left and then to the right
&6-7 Point right toe to right side, bring foot next to left making $\frac{1}{2}$ turn (alternative make a full Monterey)
8 Point left toe to left side
- 1-2 Step forward left kick right foot forward
3&4 Step back on right foot, step forward on left making $\frac{1}{2}$ turn, step right foot together
5-6 Step forward on left foot, place weight back onto right foot, step left foot back together
7-8 Sweep right foot behind left
- 1&2 Turn $\frac{1}{2}$ turn over right shoulder pushing right hip forward, back, forward
3&4 Turn $\frac{1}{2}$ turn over left shoulder pushing hip back, forward, back
5 Step forward on right, across left
6 Step forward on left, across right
7-8 Press forward on right, step back one left
- 1&2 Step right to the right making a $\frac{1}{2}$ turn, step back on left $\frac{1}{2}$ turn, $\frac{1}{2}$ step right foot forward
3-4 Step forward left, low kick right
5&6 Step back right foot, step left foot together, step forward right

7&8

Step left forward making $\frac{1}{2}$ turn, step right foot next to left, step left foot forward $\frac{1}{2}$ turn
(paddle turn left)

REPEAT
