I Hope You Dance



拍數: 32 編數: 4 級數: Intermediate/Advanced

編舞者: Dave Morgan (UK)

音樂: I Hope You Dance - Lee Ann Womack



STEP, BEHIND, STEP, STEP, BEHIND, STEP, ROCK FORWARD & BACK &FORWARD & ½ TURN RIGHT

1-2&	Step right forward 45 degrees right, step left behind right, quickly step right beside left
3-4&	Step left forward 45 degrees left, step right behind left, quickly step left beside right
5&6&	Rock forward on right, recover weight on left, rock back on right, recover weight on left
7&8	Rock forward on right, rock back on left while making ½ turn right, step right forward

ROCK FORWARD, BACK, 1 ½ TURN BACK, STEP RIGHT ½ PIVOT, LUNGE & TORQUE,

9-10 Rock forward on left, recover weight on right, preparing to turn left

11&12 Make ½ turn left stepping on left, make ½ turn left stepping back on right, make ½ turn left

stepping forward on left

You will have completed 1 ½ turn traveling backwards

13-14 Step right forward pivot ½ turn left

15&16 Lunge forward on ball of right, recover weight on left, step right foot back into 3rd position,

while pointing left toe forward with heel raised

STEP FORWARD, RONDE ¾ TURN LEFT, SWEEP RIGHT BEHIND LEFT TURNING 306 DEGREES RIGHT, SWAY LEFT, RIGHT, LEFT & POINT

&17-18	Step left forward, on ball of left make ¾ turn left, sweeping right foot out and arou	าd
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19-20 Flick right foot out to right side, take right behind left turning full turn right

21-22-23 Sway hips left, right, left

&24 Step right behind left, pointing left out to left side,

CROSS BACK, BACK, ROCK RIGHT, 1/4 LEFT, 1/2 TURN FORWARD, ROCK BACK AND TOGETHER

25&26	Cross left in front of right making ¼ turn left, step back right, step back left
27-28	Rock right to right side, recover weight onto left making ½ turn left

Step right forward making ½ turn left, make ½ turn left stepping left forward, make ½ turn left

stepping back right

31&32 Rock back on left, recover weight on right, step left beside right

REPEAT

TAG

At the end of the second wall, only when dancing to "I Hope You Dance"

1-2	Step	right to	riaht side	. Step	left behind right
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&3&4 Step right to right side, Cross left in front of right, Step right to right side, pivoting on ball of

right ½ turn left, Step left beside right

Cross right over left, recover weight on to left, step right beside left
Cross left over right, recover weight on to right, step left beside right

9-16 Repeat steps 1-8