

Hope In Our Hearts

拍數: 48 牆數: 4 級數: Intermediate
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音樂: I Still Believe - Scooter Lee



I have Dedicated this waltz to my Mum. She has been fighting cancer for sometime now.

2 SAILOR SHUFFLES MOVING SLIGHTLY BACKWARDS

1-4 Step right foot behind left, step left foot to left, step right slightly back, step left behind right
5-6 Step right to right, step left back

FORWARD LOCK - STEP LEFT - CURTSEY TURN RIGHT

1-3 Step right foot forward, lock left foot up behind right, step right foot forward
4-6 Step left foot to left side, place right ball of foot behind and to the left of left foot, full turn to right (change weight onto right foot)

DOUBLE VINE TO LEFT SIDE

1-2& Step left foot to left side, step right foot behind left foot, step left foot to left side (small step)
3-5 Step right foot across in front of left, step left to left, step right behind
&6 Small quick step to left on left foot, cross right over left

3 TAPS - BALL CHANGE - PIVOT

1-3 Tap left foot to front, tap left to left side, tap left to back
&4 (Ball change) step left foot in place (still at the back), step right foot forward
5-6 Step left foot forward, ½ pivot to right

WALTZ FORWARD AND BACK (ON THE DIAGONAL)

1 Take a large step to left diagonal (10:00) on flat foot (body faces 10:00)
2-3 Slide right foot in next to left foot, step left foot in place
4 Take a large step back right diagonal (4:00), take body to face 2:00
5-6 Slide left foot in next to right foot, step right foot in place

FULL TURN MOVING BACKWARDS - AND STEP BACK - TAP - HOLD - SLIDE

1-3 Turning ½ to left - step left foot forward, turning ½ to left - step right foot back, step back on left foot
4-6 Tap right foot in place (it should be out in front), hold, slide it around to the back right diagonal

SLIDE - STEP - SLIDE (MOVING ON THE DIAGONAL TO LEFT FRONT CORNER), BALL CHANGE - ¾ CURTSY TURN

1-2 Slide right foot through past the left foot, take a small step forward on the left foot
3 Slide the right foot forward still on the diagonal
&4 (Ball change) - a quick small step on left foot to left, step right foot in place
5 Place left foot behind right on ball of foot
6 ¾ turn to left

3 GLIDING WALKS - 3 HIP PUSHES LEFT-RIGHT-LEFT

1-3 Three walks forward right, left, right (the walks have a feel of a down/up/up movement)
4-6 Step left to left side and sway hips to left, right, left

REPEAT

TAG

At the end of 3rd wall there are 6 extra beats - after the 3 hip pushes do

1-3 Two slow sways right

4-6 Then left
