

Hopes & Dreams

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Daniella Foster (UK)
音樂: I Believe - Yolanda Adams



- 1&2 Right kick ball touch (finishing with left touching to left side)
&3-4 Left next to right, $\frac{1}{4}$ turn left touching right to right side, $\frac{1}{2}$ turn back right pointing right to right side
5&6 Right sailor step
7-8 Left toe behind right foot, half turn left (finishing with weight on left)
- 1&2 Right shuffle making half turn left
3-4 Rock back on left, recover weight on right
5-6 Step forward on left, make full turn right, hitching right leg
7&8 Right forward shuffle
- 1-2 Step forward on left, make a $\frac{3}{4}$ turn over right shoulder, landing on right foot
3&4 Cross left over right, recover weight on right, left next to right
5&6 Right behind left, left to left side, right across in front of left
7&8 Make a three bounce half turn left
- 1&2 Left coaster step
3-4 Kick right leg forward, cross right over left
&5-6 Left to left side, cross right over left, make $\frac{3}{4}$ turn left
7&8 Left coaster step

REPEAT

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At end of 3rd rotation

- 1-2 Step diagonally forward onto right, left next to right
3-4 Step diagonally forward onto right, touch left next to right
5-6 Step diagonally forward on left, touch right next to left
7-8 Step diagonally back on right, touch left next to right
9-10 Step diagonally back on left, drag right to touch next to left

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At end of 6th rotation

- 1-2 Step diagonally forward onto right, left next to right
3-4 Step diagonally forward onto right, touch left next to right
5-6 Step diagonally forward on left, touch right next to left
7-8 Step diagonally back on right, touch left next to right
9-10 Step diagonally back on left, drag right to touch next to left
11-12 Step diagonally forward onto right, left next to right
13-14 Step diagonally forward onto right, touch left next to right
15-16 Step diagonally forward on left, touch right next to left