

Embraced (P)

拍數: 32 牆數: 0 級數: Partner
編舞者: Jeff Mills (UK) & Thelma Mills (UK)
音樂: But for the Grace of God - Keith Urban



Position: Double Open Hand Position. Man facing OLOD. Lady facing ILOD

MAN:

BASIC CHA-CHA PATTERN PLUS FULL TURN

- 1 Step left to left side
- 2-3 Step & rock back onto right, recover forward onto left
- 4&5 Chasse right right-left-right (release open position and man's to pick up lady's right hand with his right hand)
- 6-7 Step forward left, pivot $\frac{1}{2}$ turn right (man to raise and turn under his right arm)
- 8&1 $\frac{1}{2}$ triple turn right left-right-left

ROCK STEP, CHASSE, $\frac{1}{4}$ ROCK STEP $\frac{1}{2}$ TRIPLE TURN

- 2-3 Step & rock back onto right, recover forward onto left (return into double open hand position)
- 4&5 Chasse right right-left-right
- 6 Cross rock left over right making $\frac{1}{4}$ turn right to face RLOD
- 7 Recover back onto right
- 8&1 $\frac{1}{2}$ triple turn left left-right-left to face LOD (release man's left and lady's right hand)

WALK TWICE, SHUFFLE, REPEAT

- 2-3 Walk forward right-left
- 4&5 Right shuffle forward right-left-right
- 6-7 Walk forward left-right (raise man's right, lady's left hand)
- 8&1 Left shuffle forward left-right-left

WALK TWICE, SHUFFLE $\frac{1}{4}$ TURNS TWICE, $\frac{1}{4}$ CHASSE

- 2 Step forward right
- 3 Step forward left (release man's right, lady's left hand)
- 4&5 Right shuffle forward right-left-right (rejoin man's left, lady's right hand)
- 6-7 Step forward left $\frac{1}{4}$ turn left, make $\frac{1}{4}$ turn left stepping back onto right (man to complete hand change behind his back)
- 8&1 $\frac{1}{4}$ left chasse turning left left-right-left (return into double open hand position)

You have now started the dance again at count 1

In place of full turn lady can walk backwards left, right

REPEAT

LADY:

VARIATION ON THE BASIC CHA-CHA

- 1 Step right to right side
- 2-3 Step & rock forward onto left, recover back onto right
- 4&5 Chasse left left-right-left (release open position and man's to pick up lady's right hand with his right hand)
- 6-7 Step & rock back onto right, recover forward onto left (man to raise and turn under his right arm)
- 8&1 Triple step right-left-right

ROCK STEP, CHASSE, $\frac{1}{4}$ ROCK STEP SHUFFLE

- 2-3 Step & rock forward onto left, recover back onto right (return into double open hand position)
- 4&5 Chasse left left-right-left
- 6 Cross rock right behind left making $\frac{1}{4}$ turn right to face LOD
- 7 Recover forward onto left
- 8&1 Right shuffle forward right-left-right down LOD (release man's left and lady's right hand)

WALK TWICE, SHUFFLE, CROSS $\frac{1}{2}$ TURN SHUFFLE

- 2-3 Walk forward left-right
- 4&5 Left shuffle forward left-right-left
- 6-7 Step forward and cross right over left, pivot $\frac{1}{2}$ turn right stepping back onto left (raise man's right, lady's left hand)
- 8&1 Right shuffle backwards right-left-right

$\frac{1}{2}$ PIVOT TURNS TWICE, SHUFFLE, WALK TWICE, $\frac{1}{4}$ CHASSE

- 2 Pivot $\frac{1}{2}$ turn left stepping forward onto left
- 3 Pivot $\frac{1}{2}$ turn left stepping back onto right (release man's right, lady's left hand)
- 4&5 Left shuffle backwards left-right-left (rejoin man's left, lady's right hand)
- 6-7 Walk back right, walk back left (man to complete hand change behind his back)
- 8&1 $\frac{1}{4}$ right chasse turning right right-left-right (return into double open hand position)

In place of full turn lady can walk backwards left, right

REPEAT
