

Dance

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Bryan McWherter (USA)
音樂: I Hope You Dance - Lee Ann Womack



Sequence: A,A,B,A,A,B,B,A,B,B,B

PART A:

KICK, HITCH, STEP, KICK, HITCH, STEP, ROCK, RECOVER, SHUFFLE ½ TURN

1&2 Kick left foot forward, hook left across right leg, step slightly forward on left
3&4 Kick right foot forward, hook right across left leg, step slightly forward on right
5-6 Rock forward onto left foot, recover weight back onto right
7 Step left foot ¼ turn to the left
& Slide right to meet with left
8 Step left foot ¼ turn to the left (now facing the back wall)

KICK, HITCH, STEP, KICK, HITCH, STEP, ROCK, RECOVER, SHUFFLE ½ TURN

1&2 Kick right foot forward, hook right across left leg, step slightly forward on right
3&4 Kick left foot forward, hook left across right leg, step slightly forward on left
5-6 Rock forward onto right foot, recover weight back onto left
7 Step right foot ¼ turn to the right
& Slide left to meet with right
8 Step right foot ¼ turn to the right (now facing the front wall)

STEP, ½ TURN, SHUFFLE FORWARD, BRUSH, SWEEP, CHA-CHA IN PLACE

1-2 Step forward onto left foot, make a ½ turn to the right
3&4 Step left foot forward, slide right foot to meet with left, step left foot forward
5 Brush your right foot next to your left
6 Sweep right out to right sweeping around behind left make a ½ turn to your right
7&8 Right step in place, left step next to right, right step in place

TOE, HEEL, TOE, HEEL, ROCK, RECOVER, ½ TURN LEFT & STEP SIDE & POINT, STEP

1-4 Touch left toe forward, step down onto left heel, touch right toe forward, step down onto right heel
5-6 Rock forward onto left, rock back onto right
&7 Quickly turn ½ left & step left to left side(&), point right toe out to right side
8 Step right foot next to left. (putting weight on it)

PART B:

STEP, DRAG, CROSS, WALK, STEP ½ TURN, SHUFFLE FORWARD

1-2 Angling body slightly to the right step left foot forward, slide or drag your right foot crossing your left
3-4 Step down onto right (still crossing left), step forward left (uncrossing)
Styling option: when doing the step drag, & walks run all fingers front to back through hair. For all 4 counts
5-6 Step forward right, make a ½ turn to your left (changing weight forward onto left)
7&8 Step right foot forward, slide left foot to meet with right, step right foot forward

ROCK, RECOVER, SHUFFLE ½ TURN, ROCK RECOVER, MAMBO STEP

1-2 Rock forward onto left, recover back onto right
3 Step left foot ¼ turn to the left
& Slide right to meet with left
4 Step left foot ¼ turn to the left (now facing the back wall)

5-6 Rock forward onto right, recover back onto left
7&8 Rock right foot out to right, recover weight back onto left, step right foot next to left. (putting weight on it)

EXTRA STYLING HINT

For extra style or flair any of the ½ turn shuffles can be done as a full turn and a half by turning ½, 3 times. For example, in Part A, counts 7&8 of the first set of 8 can be done as

7 Step left foot back turning ½ left
& Step right foot forward turning ½ left
8 Step left foot back turning ½ left
