

Choose To Dance

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Maggie Gallagher (UK)
音樂: I Hope You Dance (Rawling Mix: Radio Edit) - Lee Ann Womack



SIDE-ROCK-CROSS, SIDE-ROCK-CROSS, FORWARD-ROCK, TRIPLE ½ TURN

1&2 Rock right to side, recover weight onto left, step right slightly forward and across left
3&4 Rock left to side, recover weight onto right, step left slightly forward and across right
5-6 Rock forward on right, recover weight onto left
7&8 Turn ½ turn right stepping right, left, right

SIDE-ROCK-CROSS, SIDE-ROCK-CROSS, ROCK, TURN, LEFT SHUFFLE

9&10 Rock left to side, recover weight to right, step left slightly forward and across right
11&12 Rock right to side, recover weight to left, step right slightly forward and across left
13-14 Rock left to side, recover weight onto right ¼ turn right
15&16 Step forward on left, step right together, step forward on left

RIGHT-LOCK & STEP ½ PIVOT, LEFT-LOCK & SKATE, SKATE

17-18& Step forward on right, lock-step left behind right, step forward on right
19-20 Step forward on left, pivot ½ turn right
21-22& Step forward on left, lock-step right behind left, step forward on left
23-24 Slide right diagonally forward, slide left diagonally forward (swivel on balls of feet)

RIGHT-LOCK & STEP ½ PIVOT, LEFT-LOCK & SKATE, SKATE

25-26& Step forward on right, lock-step left behind right, step forward on right
27-28 Step forward on left, pivot ½ turn right
29-30& Step forward on left, lock-step right behind left, step forward on left
31-32 Slide right diagonally forward, slide left diagonally forward (swivel on balls of feet)

SIDE, BEHIND & HEEL & CROSS, SIDE, BEHIND & HEEL & CROSS

33-34& Step right to side, step left behind right, step right to side (angling body slightly left)
35&36 Tap left heel diagonally forward, step left next to right, cross step right in front of left
37-38& Step left to side, step right behind left, step left to side (angling body slightly right)
39&40 Tap right heel diagonally forward, step right next to left, cross step left in front of right

SIDE SHUFFLE RIGHT, CROSS UNWIND, SIDE SHUFFLE LEFT, BACK-ROCK

41&42 Step right to side, step left next to right, step right to side
43-44 Cross left over right, unwind a whole turn right
45&46 Step left to side, step right together, step left to side
47-48 Rock back on right, recover weight onto left

FORWARD ROCK, TRIPLE ½ TURN, CROSS, BACK & CROSS, POINT

49-50 Rock forward onto right, recover weight onto left
51&52 Turn ½ right stepping right, left, right
53-54& Cross step left over right, step back on right, step left to side
55-56 Cross step right over left, point left toe to side

& POINT, HOLD, TURN/POINT, HOLD, & STEP, ½ PIVOT, ROCK ½ PIVOT

&57-58 Step left next to right, point right toe to side, hold
&59-60 Stepping right together turn ½ right on ball of left, point left toe to side, hold
&61-62 Step left next to right, step forward on right, pivot ½ turn left

63-64

Step forward on right bumping hip forward and right, pivot $\frac{1}{2}$ left bumping hip forward and left

REPEAT

RESTART

In order to phrase correctly to the music, on the second wall only, dance the first 32 counts, then restart from count one. You'll be facing the back wall, your third wall.

Towards the end of the song, there is a break in the music, which you should dance straight through.
