

Broken Wings

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Maureen Jones (UK) & Michelle Jones (UK)
音樂: The One - Gary Allan



LARGE STEP LEFT, HOLD, SYNCOPATED VINE, TOUCH, LARGE STEP LEFT, HOLD, SIDE TRAVELING FULL TURN WITH POINT

- 1-2 Step left large step left (leaning body to left and looking left), hold
3&4& Step right to right, step left behind right, step right to right, touch left beside right
5-6 Step left large step left (leaning body to left and looking left), hold
7&8 Make ¼ turn right and step right forward, make ½ turn right and step left back, make ¼ turn right and point right to right

CROSS, TOGETHER, ¼ TURN, BACK, ¼ TURN, FORWARD, TOGETHER, ¼ TURN, BACK, MODIFIED RHUMBA BOX

- 9&10 Step right forward and across left, step left beside right, make ¼ turn right and step right back
11&12 Make ¼ turn left and step left forward and across right, step right beside left, make ¼ turn left and step left back
13&14 Step right forward, step left beside right, step right to right
15&16 Step left back, step right beside left, step left to left

¼ TURN, ROCK WITH TOUCH, TRAVELING TRIPLE FULL TURN, TOUCH, REVERSE LOCK SHUFFLE, ½ TURN WITH HOOK, LOCK SHUFFLE

- &17-18 On ball of left make ¼ turn right, rock back on right and touch left toe forward (left knee bent, body angled to right), recover forward onto left
19&20& Traveling forward make a full triple step turn left (right, left, right), touch left toe behind right heel
21&22& Step left back, lock right across left, step left back, make ½ turn right and hook right across left shin
23&24 Step right forward, lock left behind right, step right forward

ROCK, SHUFFLE ¼ TURN, HITCH, ½ PIVOT, ¼ PIVOT, STEP

- 25-26 Rock left across right, recover back onto right
27&28 Step left to left, step right beside left, make ¼ turn left and step left forward
&29-30 Hitch right knee, step right forward, pivot ½ turn left
31-32& Step right forward, pivot ¼ turn left, step right beside left

REPEAT

TAG

Insert every time Gary Allan sings the words "I'm the One", i.e., immediately after walls 2, 4 & 6. (You are always facing the front wall.) After wall 2 only, repeat TAG twice

HIP SWAYS

- 1&2 Step left to left and push hips left (bending knees), straighten knees still pushing hips to left, sway hips to right (produces a circular hip motion: down & left, up, right)
3&4 Repeat steps 1&2