Within You'll Remain!



拍數: 120 牆數: 1 級數: Intermediate

編舞者: Elke Weinberger (NL)

音樂: Within You'll Remain - Tokyo Square



Note: To enhance the styling of this dance, dance with ?Rise and Fall? incorporating the appropriate usage of the balls of feet, heel leads and other dance techniques.

FORWARD, ½ **LEFT SWEEP** TURN, **TWINKLE** PATTERN, 1/2 **LEFT TWINKLE TURNING PATTERN** 1-2 : Step left forward, execute 1/2 turn left as you sweep right around 3-5: Cross right over right, step left to left, step right to right 6-8: Cross left over right, execute 1/4 turn left and then

CROSS ROCK, RECOVER, ¼ RIGHT, PIVOT ½ RIGHT TURN, FORWARD SLIDE, DRAG, STEP

step right back, execute another ¼ left and then step left to left 9-11: Cross rock right over left, recover weight onto left, execute 1/4 turn right and then step right forward 12-14 : Step left forward, pivot ½ turn right, slide left forward (taking long step) 15-16 : Drag right towards left, end the drag beside left and step weight onto it

17-32 : Repeat counts 1-16.

BACK SLIDE, **TOGETHER** SLIDE, CROSS, SIDE TOUCH, 1/2 RIGHT **MONTEREY TURN SIDE** TOUCH, WEAVE, SIDE SLIDE, DRAG 33-34 : Slide left back, drag right towards left and then step weight onto it beside left 35-36 : Cross left over right (taking small step), touch right toe to right 37-38 : Execute ½ turn right and then step right beside left, touch left to left 39-41 : Cross left over right, step right to right, cross left

behind right

42-44 : Slide right to right (taking long step), drag left towards right, end the drag beside right with left toe touch

left toe touch ¾ LEFT **TURNING WALTZ** PATTERN, DRAG, FORWARD, ½ **RIGHT TURNING WALTZ** PATTERN, DRAG, **FORWARD** LOCK STEPS, 1/4 LEFT **SWEEP TURN** 45-46 : Execute 1/4 turn left and then step left forward. execute another ½ turn left and then step right back 47-48 : Slide left back, drag right towards left and then touch it in front of left 49-50 : Step right forward, execute ½ turn right and then step left back 51-52 : Slide right back, drag left towards right and then touch it in front of right 53-56 : Step left

forward, lock step right behind left, step left forward, execute ¼ turn left as you sweep right around CROSS, DIAGONAL ROCK, RECOVER, BEHIND, SIDE, DIAGONAL SLIDE, PIVOT ½ LEFT TURN

SLIDE, PIVOT 1/2 LEFT TURN 57-59 : Cross right over left (taking small step), rock left towards left diagonal (taking big step), recover weight onto right 60-62 : Cross left behind right (taking small step), step right to right (taking small step), slide left towards left diagonal (taking long step) 63-64 : Step right forward, pivot ½ turn left (weight ends on left)

CROSS, SIDE TOUCH, CROSS SIDE TOUCH, SAILOR CROSS, ½ LEFT UNWIND TURN

65-66 : Cross right over left (taking small step), touch left toe to left 67-68 : Cross left over right (taking small step), touch right toe to right 69-71: Cross right behind left, step left to left, cross right over left 72: Unwind 1/2

turn left (weight remains on right)

CROSS, SIDE TOUCH, CROSS SIDE TOUCH, SAILOR CROSS, ½ RIGHT UNWIND TURN

73-74: Cross left over right (taking small step), touch right toe to right 75-76: Cross right over left (taking small step), touch left toe to left 77-79 : Cross left behind right, step right to right, cross left over right 80 : Unwind 1/2 turn right (weight remains on left)

FORWARD, SWEEP, FORWARD, SWEEP, ½ LEFT TURNING JAZZ BOX

81-82 : Step right forward (taking small step), sweep left around from back to front 83-84 : Step left forward (taking small step), sweep right around from back to front 85-88 : Cross right over left, cross left over right, step right back as you execute 1/4 turn left, execute another 1/4 turn left and then step left beside right

FORWARD, FORWARD ROCK, RECOVER, ½ LEFT TURN, FORWARD, ¾ RIGHT TURN, SIDE SLIDE, DRAG

89-91 : Step right forward, rock left forward, recover weight onto right 92-94 : Execute ½ turn left and then step left forward, step right forward, execute ½ turn right and then step left back 95-96 : Execute another 1/4 turn right and then slide right to right (taking long step), drag left towards right and then touch it beside right

1/4 LEFT, SWEEP, FORWARD, SWEEP, 1/2 RIGHT TURNING JAZZ BOX

97-98: Execute 1/4 turn left and then step left forward (taking small step), sweep right around from back to front 99-100: Step right forward (taking small step), sweep left around from back to front

101-104: Cross left over right, cross right over left, step left back as you execute ¼ turn right, execute another ¼ turn right and then step right beside left

FORWARD, **FORWARD** ROCK, RECOVER, ½ RIGHT TURN, FORWARD, ¾ LEFT TURN, SIDE SLIDE, **DRAG** 105-107 : Step left forward, rock right forward, recover weight onto left 108-110: Execute ½ turn right and then step right forward, step left forward, execute ½ turn left and then step right back 111-112: Execute another 1/4 turn left and then slide left to left (taking long step), drag right towards left and then touch it beside left

MODIFIED ½
RIGHT
TURNING
WALTZ
PATTERN, ¼
RIGHT
TURNING
WALTZ
PATTERN,
BACK TOUCH,
½ RIGHT
PIVOT TURN

113-115:

Execute a sharp 1/4 turn right and then step right forward as you execute another ¼ turn right, step left beside right, step right in place 116-118 : Step left back as you execute 1/4 turn right, step right beside left, step left around in place 119-120 : Touch right toe back, pivot ½ turn right (weight ends on right)

REPEAT