Feed Your Dreams



拍數: 32 級數: Improver 牆數: 2

編舞者: TeeKay (NL) - September 2007 音樂: Teach Your Children - Alison Kraus



Intro: 32 counts

Syncopated diagonal lock steps, rockstep, 1/2 turn R, step, full shuffle turn R, step		
1&2	RF step slightly diag. R , LF lock behind RF, RF step slightly diag. R	
&3&	LF step slightly diag. L , RF lock behind LF, LF step slightly diag. L	

4& RF lock behind LF, LF step slightly diagonal L

5&6& RF rock, weight back on LF, RF step ½ R behind, LF step next to RF (6:00)

7&8& Make full turn R (RF,LF, RF), LF take small step forward (6:00)

Weave, mambo step, point, step 1/4 turn, point, shuffle, step

1&2&	RF cross over LF, LF step next to RF, RF cross behind LF, LF step next to RF
3&4&	RF cross over LF, LF rock L , weight back on RF, LF step next to RF
5&6&	RF point R , RF step back ¼ R , LF point L , LF step next to RF (15:00)
7&8&	RF step forward. LF close next to RF. RF step forward. LF close next to RF

Hitch, point, hitch, step (2x), shuffle, step, coaster step, step

1&2&	RF hitch knee , RF point R, RF hitch knee, RF step next to LF
	LF hitch knee , LV point L, LF hitch knee, LF step next to RF
	RF step forward, LF close next to RF, RF step forward, LF close next to LF
7&8&	RF step behind, LF close next to RF, RF step forward, LF close next to RF

Step, bumps, step ¼ turn, (lockstep, step ¼ turn (2x)), lockstep, cross step

1&2&	RF step forward + bump hips R, bump hips L, bump hips R, LF step ¼ R forward + bump hips L (12:00)
3&4&	RF step forward, LF cross behind RF, RF step forward, LF step ¼ R forward (9:00)
5&6&	RF step forward, LF cross behind RF, RF step forward, LF step ¼ R forward (6:00)

RF step forward, LF cross behind RF, RF step forward, LF cross behind RF

Bridge at the end of 3rd wall (6:00); also ending of the dance (12:00):

Mambo step R, mambo step L

7&8&

1&2	RF rock R, weight back on LF, RF step next to LF
3&4	LF rock L, weight back on RF, LF step next to RF

Enjoy the beautiful music and have fun !!