

# The Dance (updt Oct '07)

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Craig Bennett (UK) - October 2007  
音樂: The Dance - Westlife



## Section 1 – Side, rock, Step turn cross, Back side cross, Rock recover cross

1-2&      Step left to left side, Rock right behind, Recover onto left  
3&4      Step right forward, Make ¼ turn left stepping left to side, Cross right over left  
5&6      Step back onto left making a ¼ turn right, Step right to right side, Cross left over right  
7&8      Rock right to right side, Recover onto left, Cross right over left

## Section 2 – Turn back, Coaster step, Step turn, turn, Cross rock, Side rock

&1,2      ¼ turn right, stepping back onto left, Step back onto right, Step back onto left  
3&4      Step back onto right, Bring left in place, Step forward onto right  
5,6&      Step forward onto left, Make a ¼ turn stepping back onto right, Make a ¼ turn stepping left to left side  
7&8&      Rock right across left, Recover back onto left, Rock right to right side, Recover onto left

## Section 3 – Cross turn, 1 and ½ turns Step ½ turn

1,2&      Cross right over left, Make a ¼ turn right stepping back onto left, Step forward onto right  
3,4&      Step forward onto left, Make a ½ turn stepping back onto right, Make a ½ turn stepping forward onto left  
5&6      Step forward right ½ turn, Stepping onto left, Step forward right  
7,8      Step forward onto left make a ½ turn right

## Section 4 – Step cross and turn, Step ½ turn step, Step ¼ turn Rock recover

1,2      Step forward left, cross right over left  
&3,4      Make ¼ turn right stepping back onto left, step right to right side, Step forward left  
5&6      Step right ½ turn left, step forward onto right  
7&8&      Step forward left ¼ turn right, Rock left over right, Recover back onto right

**START AGAIN AND ENJOY!**

**Tag:**

**After 2nd wall:**

1-2      Step left ¼ turn left, Step back onto right making ½ turn  
3&4      Step back onto left, Bring right in place, step forward onto left  
5&6      Step forward right, ½ turn stepping forward onto left, step forward onto right  
7&8&      Step forward left ¼ turn right, Rock left over right, Recover back onto right

**Music slows down towards end of song, keep going! Finish the dance off!**

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