

Save Me

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Save Me - Rick Guard



Intro: 16 count you start on the words "I Been"

(1-8) 2X BASIC NIGHTCLUB, 1/4 TURN, 1/4 STEP PIVOT TURN, 3/4 CHANE TURN, SIDE, ROCK / RECOVER, STEP FWD

- 1-2&3 Step Rf to the right, rock Lf behind Rf, Rf recover, step Lf to the left (12:00)
4&5 Rock Rf behind Lf, Lf recover, step Rf forward with 1/4 turn right weight onto Rf (3:00)
6&7 Turn 1/2 left, take weight onto Lf, Rf step next Lf, Rf+Lf turn 3/4 left, step Lf to the left and take weight onto Lf (12:00)
8&1 Rock Rf behind Lf, Lf recover, step Rf forward with 1/4 turn right weight onto Rf (3:00)

(9-16) 1/4 SWAY TURN, FULL SPIRAL TURN, SWEEP, BASIC NIGHTCLUB, 1/4 TURN, FULL TURN, 1/2 SWEEP TURN

- 2-3 Rf+Lf turn 1/4 left, take weight onto Lf and flex slightly your L knee hold,
(On count 2-3 sway your body 1/4 with, in a holding position) (12:00)
4&4&5 Preparation on your Lf and turning full, and holding the Rf in front of the Lf (spiral turn) and sweep your Rf from front to back, weight onto Lf (12:00)
6&7&8 Rock Rf behind Lf, Lf recover, Rf step to the right Hold, weight onto Rf
8&1 1/4 turn left, take weight onto Lf, Rf step next Lf and turning a full left on the both feet, take weight onto Rf, step Lf forward and sweep your Rf 1/2 left from back to front, weight onto Lf (3:00)

(17-24) LOCK STEP FWD, 3/8 SWEEP TURN, CROSS SHUFFLE, 1/8 SWEEP TURN, LOCK STEP FWD, SYCOPATED STEP FWD, SIDE STEP 1/4 TURN

- 2a3 Step Rf forward, Lf lock behind Rf, step Rf forward, and sweep your Lf forward from back to front with a 1/4 turn right and ending diagonal, weight onto Rf (7:30)
4a5 Step Lf across Rf, step Rf to the right, step Lf across Rf and sweep your Rf from back to front forward with 1/8 left, weight onto Lf (6:00)
6&7 Step Rf forward, step Lf behind Rf, step Rf forward, weight onto Rf
8&1 Step Lf forward, step Rf forward, step Lf to the left with 1/4 turn right, weight onto Lf (9:00)

(25-32) ROCK / RECOVER, STEP 1/4 TURN, 2X CROSS WALK FWD, ROCKING CHAIR, BACK ROCK / RECOVER, 1/4 TURN

- 2&3 Rock Rf behind Lf, Lf recover, step Rf forward with 1/4 turn right weight onto Rf (12:00)
4-5 Step Lf diagonal across Rf, step Rf diagonal across Lf
6&7 Rock Lf diagonal forward, Rf recover, Lf step back weight onto Lf (12:00)
8&1 Rock Rf back, Lf recover, Rf step to the right with 1/4 turn left (9:00)

START AGAIN AND HAVE FUN