

My Next Love

拍數: 48 牆數: 4 級數: Improver
編舞者: Niels Poulsen (DK) - July 2008
音樂: My Love - Fredric Kempe : (Album: Bohème)



Intro: 24 counts from first clear guitar sound (app. 21 seconds into track). Start with weight on R

(1 – 6) Cross L over R, slow sweep, cross R over L, slow sweep

1 – 3 Step L diagonally fw (towards 1:30), sweep R fw over 2 counts 12:00
4 – 6 Step R diagonally fw (towards 10:30), sweep L fw over 2 counts 12:00

(7 – 12) Rock L fw slowly, rock R back slowly

1 – 3 Rock L fw, Hold for 2 counts 12:00
4 – 6 Recover weight back to R, Hold for 2 counts * Restart here on 6th wall 12:00

(13 – 18) L basic ½ L, R basic fw

1 – 3 Turn ½ L stepping L fw, step R next to L, change weight to L 6:00
4 – 6 Step fw R, bring L next to R, change weight to R 6:00

(19 – 24) Fw L, point, hold, back R, sweep L around

1 – 3 Step fw L, point R diagonally fw (towards 7:30), Hold 6:00
4 – 6 Step back on R, sweep L out and backwards over 2 counts 6:00

(25 – 30) Behind side cross, sway hips to R side

1 – 3 Cross L behind R, step R to R side, cross L over R 6:00
4 – 6 Step R to R side swaying your hips to R side (sway over 3 counts) 6:00

(31 – 36) L Basic fw with ¼ L, R basic backwards with ½ L

1 – 3 Turn ¼ L stepping fw on L, step R next to L, change weight to L 3:00
4 – 6 Turn ½ L stepping back on R, step L next to R, change weight to R (note: counts 31-37 is a L full turn) 9:00

(37 – 42) ¼ L swaying hips to L side, sway hips to R side

1 – 3 Turn ¼ L stepping L to L side swaying your hips to L side (sway over 3 counts) 6:00
4 – 6 Step R to R side swaying your hips to R side (sway over 3 counts) 6:00

(43 – 48) Sway hips to L side, basic waltz step fw with ¼ R

1 – 3 Step L to L side swaying your hips to L side (sway over 3 counts) 6:00
4 – 6 Turn ¼ R stepping fw on R, bring L next to R, change weight to R 9:00

Begin again!

Restart: On 6th wall, after 12 counts, facing 9:00

Note: This is a floor-split to my own intermediate dance 'My Love' from 2006. Please note that the music is 182 bpm which is very very fast! So, take small steps... Dedicated to Lise...