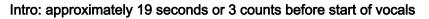
What's Left of Me

拍數: 96

級數: Intermediate / Advanced

編舞者: Jill Babcock - November 2008

音樂: All I Need - Within Temptation : (CD: The Heart Of Everything)



(1-12) TOUCH, FULL TURN, STEP, SWEEP, CROSS, FULL TURN, PRESS, HOLD, RECOVER Touch left toe to side, turn a full turn left 1-3 Easier option: touch left toe to the side for all 3 counts 4-6 Step left together, sweep right from back to front 1-3 Cross right over left, turn ¼ right and step left back, turn ½ right and step right forward Easier option: weave cross, side, behind 4-6 Turn 1/4 right and press left to side, hold, recover to right (13-24) CROSS-POINT-HOLD TWICE, CROSS, FULL TURN, PRESS, HOLD, RECOVER 1-3 Cross left over right, point right toe to side, hold 4-6 Cross right over left, point left toe to side, hold 1-3 Cross left over right, turn 1/4 left and step right back, turn 1/2 left and step left forward 4-6 Turn ¼ left and press right to side, hold, recover onto left (25-36) CROSS, BACK, BACK, CROSS, BACK, ¼ TURN, FULL TURN, STEP BACK, STEP TOGETHER 1-3 Cross right over left, step left back, step right back 4-6 Cross left over right, step right back, turn 1/4 left and step left forward (9:00) Styling: when you cross, you should be at a slight angle. When you step back, you should be facing 12:00 1-3 Step right forward, turn 1/2 left (weight to left), turn 1/2 left and step right together 4-6 Step left back, drag right toward left, step right together RESTART here on wall 6 (facing 9:00). This is the only time you will start the dance at 9:00 (37-48) CROSS ROCK, HOLD, RECOVER, SIDE ROCK, HOLD, RECOVER, SWEEP TWICE, STEP 1-3 Cross/rock left over right, hold, recover to right 4-6 Rock left to side, hold, recover to right (drag left toward right) 1-3 Sweep left from front to back 4-6 Turn 3/8 left and step left back, sweep right from back to front, step right forward (5:00) RESTART here on wall 7. Square up to 12:00 wall, stepping right next to left (49-60) BALANCE STEP X4

- 1-3 Step left forward, step right together, step left in place
- 4-6 Turn 1/8 right and step right back, step left together, step right in place (6:00)
- 1-3 Turn 1/8 right and step left forward, step right together, step left in place (7:00)
- 4-6 Repeat counts 52-54 (9:00)

(61-72) STEP-SWEEP TWICE, CROSS ROCK, HOLD, RECOVER, ¼ TWINKLE

- 1-3 Step left forward, sweep right from back to front (over two counts)
- 4-6 Step right forward, sweep left from back to front (over two counts)
- 1-3 Cross/rock left over right, hold, recover to right
- 4-6 Cross left over right, turn ¼ left and step right to side, step left together (6:00)

(73-84) CROSS ROCK-RECOVER-SIDE TWICE, FULL SPIRAL TURN, STEP, CHASSE TURN

- 1-3 Cross/rock right over left, recover to left, step right to side
- 4-6 Cross/rock left over right, recover to right, step left to side
- 1-3 Step right forward, full spiral turn left, step left forward

Easier option: for counts 79-81, rock right forward, hold, recover to left





牆數:3

4-6 Step right forward, turn $\frac{1}{2}$ left and step left together, step right forward (12:00)

(85-96) ROCK FORWARD, HOLD, RECOVER, COASTER STEP, FULL SPIRAL TURN, STEP, CHASSE TURN

1-3 Rock left forward, hold, recover to right

4-6 Step left back, step right together, step left forward

RESTART here on wall 4 (facing 6:00). For counts 88-90, you will rock back on the left, hold, recover onto the right. Then restart the dance touching the left to the side

1-6 Repeat counts 79-84 (6:00)

REPEAT

TAG: After wall 2 (facing 12:00)

TWINKLE STEP, CROSS, ½ TURN

- 1-3 Cross left over right, step right together, step left in place
- 4-6 Cross right over left, turn ¼ right and step left back, turn ¼ right and step right to side
- 7-12 Repeat counts 1-6 above

ENDING: After the third restart, you will dance one more wall. You will end facing the 6:00 wall. Turn ½ to your left to face front and place both hands over your heart