

Hope & Glory

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - March 2009
音樂: Hope And Glory - Mans Zelmerloew



Start after 32 count intro

*1 RESTART: on wall 5

(1-8) Walk Back R & L, R & L Apart With 3 Hip Bumps, R Back Rock & Recover, L Full Turn Fwd: ½ L & R Back

1-2 Step R back, step L back
&3-5 Step R back, step L apart and bump hips left, bump hips right, bump hips left
6-7 Rock R back, recover weight on L
8 Travelling forward turn ½ left stepping R back (6 o'clock)

(9-16) Complete Full Turn Fwd: ½ L & L Fwd, R Scuff, R Cross Step, L Back, R Side, L Scuff, L Cross Step, R Back

1-2 Turning ½ left step L forward, scuff R forward (12 o'clock)
3-4 Cross step R over L, step L back

RESTART: On 5th wall dance the FIRST 12 counts of the dance & restart

5-6 Step R side, scuff L forward
7-8 Cross step L over R, step R back

(17-24) L Back, R Touch Together, R Fwd Shuffle, ¼ R Sweep, L Cross Step, ¾ L Turn

1-2 Step L back, touch R together

(On FINAL wall dance ends here facing back wall – strike a pose!)

3&4 Step R forward, step L together, step R forward
5-6 Sweep L from back to front turning ¼ right, cross step L over R (3 o'clock)
7-8 Turning ¼ left step R back, turning ½ left step L side (6 o'clock)

(25-32) ¼ L & R Step Touch, L Side, R Touch Across & Side, R Behind-Side-Cross

1-2 Turning ¼ left step R side, touch L together (3 o'clock)
3-5 Step L side, touch R across left, touch R to right side
6-8 Cross step R behind L, step L side, cross step R over L

(33-40) ¼ L Shuffle, R Fwd, ¼ L Pivot Turn, R Cross Shuffle, ½ R Hinge Turn

1&2 Step L side, step R together, turning ¼ left step L forward (12 o'clock)
3-4 Step R forward, pivot ¼ left (9 o'clock)
5&6 Cross step R over L, step L side, cross step R over L
7-8 Turning ¼ right step L back, turning ¼ right step R side (3 o'clock)

(41-48) L Fwd Rock & Recover, L Coaster Step, R Fwd, ¼ L Pivot Turn, R Cross, L Back

1-2 Rock L forward, recover weight on R
3&4 Step L back, step R together, step L forward
5-6 Step R forward, pivot ¼ left (12 o'clock)
7-8 Cross step R over L, step L back

(49-56) R Together, L Fwd Rock & Recover, L Together, R Heel Fwd, Hold, R Together, L Fwd Rock & Recover, ½ L Shuffle

&1-2 Step R together, rock L forward, recover weight on R
&3-4 Step L together, touch R heel forward, hold

&5-6 Step R together, rock L forward, recover weight on R
7&8 Turning ½ left step L forward, step R together, step L forward (6 o'clock)

(57-64) R Fwd Rock & Recover, R Together, L Heel Fwd, Hold, L Together, R Fwd, ½ L Pivot Turn, ½ L & R Back, L Back

1-2 Rock R forward, recover weight on L
&3-4 Step R together, touch L heel forward, hold
&5-6 Step L together, step R forward, pivot ½ left (12 o'clock)
7-8 Turning ½ left step R back, step L back (6 o'clock)
