The Storm Inside

級數: Intermediate

編舞者: Ria Vos (NL) - May 2009

牆數:4

音樂: You Do Something to Me - Laura Michelle Kelly : (Album: The Storm Inside)

R Step Fwd with L Sweep, Cross, Back, ¼ Turn L, Full Turn L, Cross Rock (Lunge) Rec., & Cross Unwind Full Turn R. Rock Back. Rec. 1-2 Step Fwd on R Sweeping L from Back to Front, Cross L Over R &3 Step back on R, ¼ Turn L Step L to L Side (9:00) 4& Turn ½ L Step R to Right Side, Turn ½ Left Step L to Left Side (9:00) 5-6 Lunge/Rock R Over L, Recover on L Step R Slightly Back and to Right Side, Cross L over R Unwind Full Turn R Sweeping R &7 Around 8& Rock Back on R, Recover on L Side, Basic ¼ Turn R, Basic, Behind, Unwind ½ Turn L, Cross, Side Rock, Rec Step R Long Step to Right Side 2&3 Rock Back on L, Recover on R, Turn ¼ Right Step L Long Step to Left Side (12:00) Rock Back on R, Recover on L, Step R Long Step to Right Side 4&5 6-7 Lock L Behind R (Dip Down), Slowly Unwind ¹/₂ Turn Left Weight on L (Come Up Again) (6:00)8&1 Cross R Over L, Rock L to Left Side, Recover on R Cross, ¼ Turn L Step Back, Sway L, Full Turn R Sway R, Sway L, Cross, ¼ Turn R, Together Cross L over R, Turn 1/4 Left Step Back on R, Step & Sway L to Left Side (3:00) 2&3 4& Turn 1/4 Right Recover on R, Turn 1/2 Right Step L Slightly Backwards 5-6 Turn ¼ Right Step & Sway R to Right Side, Sway L (3:00) 7&8 Cross R over L, Turn ¼ Right Step back on L, Step R next to L (Slighly Backwards) (6:00) Cross, ¼ Turn L Step Back, ¼ Turn L Step Side, Cross Rock Rec., Point, Monterey ½ Turn R, Side Rock, Rec, Step Fwd, Cross Rock, Rec. ¼ Turn R Cross L Over R 2& Turn ¹/₄ Left Step Back on R, Turn ¹/₄ Left Step L to Left Side (12:00) 3&4 Cross Rock R over L, Recover on L, Point R to Right Side***Restart point on wall 6 Monterey ¹/₂ Turn Right Step R next to L (6:00) 6&7 Rock L to Left Side, Recover on R, Step Fwd on L Sweep R from Back to Front Cross Rock Fwd On R, Recover on L 1/4 Turn Right (9:00) 8&

Restart: On Wall 6 After Count 28 (9:00)

This occurs after the instrumental part. On the instrumental part the beat is hard to hear, just keep dancing and counting?

Ending: The beat will slow down on last 14 counts, dance until count 14 (Lock Behind) (3:00) Slowly unwind 1 ¼ Turn Left to face Front (12:00)





拍數: 32

Intro: 32 counts

1

1

5