Forgiveness

拍數: 72

級數: Intermediate

編舞者: Bracken Heidenreich (USA) - August 2009

音樂: Forgiveness - Leona Lewis

[12:00] Clock positions in brackets indicate direction facing at end of movement

ROCK RECOVER HALF, PREP FULL PIROUETTE, FORWARD QUARTER BACK, BACK TOGETHER FORWARD

- 1,2,3 Rock R forward; Recover L in place; Turn 1/2 right and step R forward [6:00]
- 4,5,6□ Step L forward; Full inside pirouette (raise R to passé, full turn L in place with weight on L)□[6:00]
- 1,2,3 Step R forward; 1/4 turn right and step L to left side; Step R back [9:00]
- 4,5,6□ Step L back; Step R next to L; Step L forward□[9:00]

STEP PREP TURN, STEP PREP TURN, FORWARD TOGETHER BACK, BACK SIDE ROCK

- 1,2,3□ Step R forward; Step L forward; Spiral full turn to R□[9:00]
- 4,5,6□ Step R forward; Step L forward; Spiral full turn to R□[9:00]
- 1,2,3□ Step R forward; Step L next to R; Step R back□[9:00]
- 4,5,6□ Step L back; Rock R to R side; Recover L in place□[9:00]

BEHIND SIDE SIDE, BEHIND SIDE SIDE, WEAVE QUARTER TURN, FORWARD ROCK QUARTER

- 1,2,3 Step R behind L; Step L to L side; Step R to R side [9:00]
- 4,5,6 \Box Step L behind R; Step R to R side; Step L to L side \Box [9:00]
- 1,2,3□ Step R behind L; 1/4 turn L and step L forward; Step R forward□[6:00]
- 4,5,6 Rock L forward; Recover L in place; 1/4 turn left and step L to left side [3:00]

CROSS POINT HOLD, MONTEREY SIDE ROCK, CROSS QUARTER QUARTER, STEP BRUSH BRUSH

- 1,2,3 Step R across left; Point L to left side; Hold [3:00]
- 4,5,6 Full Monterey turn L; Rock R to R side; Recover L in place [3:00]
- 1,2,3 Step R across left; 1/4 turn right and step L back; 1/4 turn right and step R to R side [9:00]
- 4,5,6 Step L to forward right diagonal; Brush R forward; Brush R back across L [10:30]

STEP SWEEP QUARTER, CROSS QUARTER BACK, BACK SWEEP QUARTER, BEHIND SIDE CROSS

- 1,2,3 (1) Step R to forward right diagonal; (2,3) Sweep L to front squaring up to 12:00 [12:00]
- 4,5,6□ Step L across right; 1/4 turn left and step R back; Step L back□[9:00]
- 1,2,3 (1) Step R back; (2,3) Sweep L to back making 1/4 turn left [6:00]
- 4,5,6□ Step L behind right; Step R to R side; Step L across right□[6:00]

SIDE ROCK PREP, FULL TURN STEP, ROCK RECOVER BACK, BACK TOGETHER FORWARD

- 1,2,3 Rock R to R side; Recover L in place; Step R to forward left diagonal [4:30]
- 4,5,6 1/2 turn right and step L back; 1/2 turn right and step R forward; Step L forward [4:30]
- 1,2,3 Rock R forward; Recover L in place; Step R back [4:30]
- 4,5,6 Step L back; Step R next to L squaring to 6:00; Step L forward [6:00]

START OVER! Enjoy!





牆數: 2