

Soft and Only

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Michele Perron (CAN) - December 2010
音樂: Just Like Heaven - Katie Melua : (Albums: Just Like Heaven Soundtrack - Or -
Piece by Piece by Katie Melua)



Introduction: 32 Counts, once heavy beat kicks in. (Begin on lyrics "Show me how you do that trick...")

Sec. I (1- 8) BACK-&-FORWARD, FORWARD-FORWARD-TURN-FORWARD, FORWARD-&BACK, BACK-&-TOGETHER

1&2 RIGHT Rock/Step back, LEFT Recover/Step forward (in place), RIGHT Step forward
3& LEFT Step forward, RIGHT Step forward
4& Execute full "Spiral" Turn L, turning on R Toe/ball, LEFT Step forward
5&6 RIGHT Step forward, LEFT Recover/Step back, RIGHT Step back
7&8 LEFT Step back, Turn 1/2 R with RIGHT Step forward, LEFT Step beside R (6 o'clock)

Sec. II (9-16) SIDE-&-TOGETHER, BACK-&-TURN: REPEAT

1&2 RIGHT Rock/Step side R, LEFT Recover/Step side L (in place), RIGHT Step beside L
3&4 LEFT Rock/Step crossed behind R, RIGHT Recover/Step forward (in place), Turn 1/4 R with
LEFT Step forward diagonal L (9 o'clock)
5&6 RIGHT Rock/Step side R, LEFT Recover/Step side L (in place), RIGHT Step beside L
7&8 LEFT Rock/Step crossed behind R, RIGHT Recover/Step forward (in place), Turn 1/4 R with
LEFT Step forward diagonal L (12 o'clock)

Sec.III (17-24) FORWARD-&-BACK-&, FORWARD-TURN-FORWARD, SWEEP, ACROSS-&-BEHIND, SWEEP, BEHIND-&-ACROSS

[Note: Counts 1&,2&,3&4 all face diagonal R]

1& RIGHT Rock/Step forward, LEFT Recover/Step back
2& RIGHT Rock/Step back, LEFT Recover/Step forward
3&4 RIGHT Step forward diagonal R, Turn 1/2 L with LEFT Step forward, RIGHT Step forward
diagonal R (6 o'clock)
5& Sweep back to front with LEFT Step across front of R, RIGHT Step side R (face centre)
6& LEFT Step crossed behind R, RIGHT Sweep front to back
7&8 RIGHT Step crossed behind, LEFT Step side L, RIGHT Step across front of L

Sec.IV (25-32) TURN, R TRIPLE SIDE, ACROSS-&-TURN, TURN, L TRIPLE SIDE, BACK-&-TURN

&1&2 Turn 1/4 L with LEFT Step beside R, RIGHT 'Triple' side R (R side, L together, R side) (3
o'clock)
3&4 LEFT Rock/Step across front of R, RIGHT Recover/Step behind L (in place), Turn 1/4 L with
LEFT Step forward (12 o'clock)
&5&6 RIGHT Step beside L, LEFT 'Triple' side L (L side, R together, L side)
7&8 RIGHT Rock/Step back, LEFT Recover/Step forward, Turn 1/2 L with RIGHT Step back (6
o'clock)

Sec.V (33-40) BACK-&-FORWARD, ACROSS-BACK-TOGETHER, FORWARD-&-FORWARD-TOUCH, BACK-&-BACK-TOUCH

1&2 LEFT Rock/Step back, RIGHT Recover/Step forward, LEFT Step forward
3&4 RIGHT Step across front of L, LEFT Step back, RIGHT Step beside L
5&6& LEFT Step forward, RIGHT Step beside L, LEFT Step forward, RIGHT Touch behind L
7&8& RIGHT Step back, LEFT Step beside R, RIGHT Step back, LEFT Touch in front of R

Sec.VI (41-48) FORWARD, FORWARD, TURN, ACROSS-SIDE-ACROSS-SIDE. ACROSS-&-TURN, FORWARD-TURN-TURN

1&2 LEFT Step forward, RIGHT Step forward, Turn 1/4 L with LEFT Step side L (3 o'clock)
3& RIGHT Step across front of L, LEFT Step side L
4& RIGHT Step across front of L, LEFT Step side L
5&6 RIGHT Rock/Step across front of L, LEFT Recover/Step back (in place), Turn 1/4 R with
RIGHT Step forward(6 O'clock)
7&8 LEFT Step forward, Turn 1/2 R with RIGHT Step forward (in place), Turn 1/2 R with LEFT
Step back & beside R

Begin Again

Bridge: Four Counts: Bridge occurs after two rotations, facing 12 o'clock wall

NC2 STEP Basics: R BACK-RECOVER-SIDE, L BACK-RECOVER-SIDE

1&2 RIGHT Rock/Step back, LEFT Recover/Step forward, RIGHT Step side R

3&4 LEFT Rock/Step back, RIGHT Recover/Step forward, LEFT Step side L

Ending: You will end facing front wall...and I like to add one RIGHT Step back & Pose.

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