

Meant 2 Be

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Johanna Barnes (USA) - August 2011
音樂: Misery (feat. Steven Tyler) - P!nk



Start facing 1:00, using corners as regular walls

[1~6]: R REACH BACK, 1/2 TURN R, SLOW HESITATION TURN ¼ R

- 1 R reach and step back (toward 7:00)
- 2 L step back, then rotate ¼ R
- 3 R step ¼ R (face 7:00)
- 4 L step forward
- 5 rotate ¼ R on ball of L (face 11:00)
- 6 R take weight

[7~12]: SYNCOPATED WEAVE R, L STEP, R SWEEP AROUND, R STEP ACROSS

- 1 L step across R
- & R step to R side
- 2 L cross step behind R
- 3 R step to R side
- 4 L step across R
- 5 R sweep to cross L
- 6 R step across L (prep) (move toward 1:00 (w/hip rotation) while facing 11:00)

[13~18]: 1¾ TRAVELING TURN R, L CHECK/PREP, ARMS DEVELOP

- 1 L step ¼ back R (toward 7:00, face 1:00)
- 2 R step forward ½ R (face 7:00)
- & L step back ½ R (toward 7:00, face 1:00)
- 3 R step forward ½ R (face 7:00)
- 4 L step forward, R arm behind, L in front
- 5 R arm circles across counter-clockwise, fwd L arm circles counter-clockwise, backward
- 6 settle weight onto L, into slight bent L knee

[19~24]: FULL RONDÉ R, SWEEP/TUCK BEHIND, R REVERSE TWINKLE

- 1 full rotation turn R, weight on L (L knee bent for stability, pull torso up)
- 2 continue leg rotation w/ R sweep/rondé
- 3 finish with R sweep or bend & tuck behind L
- 4 R cross step behind L (still facing 7:00)
- 5 L slight push (back) L, on L ball of foot
- 6 return weight back/ slight step R onto R

[25~30]: L BEHIND, R SIDE CHASSÉ, L CHECK STEP ACROSS/ FORWARD

- 1 L cross step behind R (move toward 11:00)
- 2 R step to R side (toward 11:00)
- & L step next to R
- 3 R step to R side
- 4 L step across, and forward, push into L
- 5 return weight back to R
- 6 L step to L side (still facing 7:00)

[31~36]: HESITATION TWINKLE x2 (R/L), OR VARIATION OF*

- 1 R step across L

- 2 L touch to L side, making slight rotation R
- 3 hold
- 4 L step across R
- 5 R touch to R side, making slight rotation L
- 6 hold

*** An option: Non-traveling twinkles; R across, L push out L, return R then, L across, R push out R, return L**

[37~42]: REVERSE TRAVELING WEAVE x2

- 1 R step across L
- 2 L step back & slightly out L, then rotate R
- 3 R step back and out to R
- 4 L step across R
- 5 R step back and slightly out R, then rotate L
- 6 L step back and out to L (w/o full weight back) (body opens, over-rotates outward toward 5:00 and 11:00 during this movement)

[43~48]: R STEP, FULL TURN R, L CHECK STEP FORWARD, HESITATION, PREP

- 1 R step forward (toward 7:00)
- 2 L step back $\frac{1}{2}$ R (toward 7:00, face 1:00)
- 3 R step forward $\frac{1}{2}$ R (toward 7:00, face 7:00)
- 4 L step forward
- 5 continue movement slightly forward, weight L. Arms can develop, R arm forward, L back.
- 6 weight and hold L, w/ bent L knee, prepare to step/push back R

(BEGIN AGAIN, and most certainly Dance What You Feel!)

**** Restart occurs after 36 counts (after 6 sets of 6) of the 6th phrase.**

It will help to change the last 3 counts (34-36) to reset for the beginning of the 7th phrase.

Easiest option: after the L check step (28-30), do a R twinkle (31-33), and a L check forward (34-36) same as the last 3 counts of the complete phrase (46-48).

Weight will need to be on your left to start/restart the dance, consider always starting your movement on the last 4-6 counts, as you teach, learn, and practice this choreography.

Choreographer's Note: This step description is intended to be a guideline, for use along with a physical teach and/or video instruction.

Contact for questions and instructional video:

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