Hear My Song

拍數: 32

級數: Beginner

編舞者: Mae Neihouse (UK) - December 2011

音樂: Hear My Song - Bouke

BEHIND SIDE CROSS SWEEP, CROSS SIDE BEHIND SWEEP

- 1-4 Step RF behind left, Step LF left, Cross RF over left , Sweep LF from behind to front
- 5-8 Cross LF over right, Step RF to right, Step LF to behind right, Sweep RF from front to back

ROCK BEHIND RECOVER SIDE HOLD (R L)

- Rock RF behind L, Recover weight to L, Step RF to right, Hold 1-4
- 5-8 Rock LF behind R, Recover weight to R, Step LF to left, Hold

CROSS ROCK RECOVER ¼ RIGHT HOLD, STEP FORWARD PIVOT ½ RIGHT, FORWARD HOLD

- Cross RF over L, Recover weight to L, turn 1/4 right and step RF forward, Hold [3] 1-4
- 5-8 Step LF forward, Pivot 1/2 turn right, Step LF forward, Hold [9]

FULL TURN LEFT FORWARD HOLD, FORWARD MAMBO BACK SWEEP

(Full turn left forward) RF 1/2 turn left, LF 1/2 turn left, Step RF forward, Hold [9] 1-4

5-8 Rock LF forward, recover weight back to right, step LF back, Sweep RF from front to back

Easy option for 1-4, Walk forward, R L R hold

NOTE: on wall 5, face 12:00, you only dance first 8 counts, start wall 6 facing 12:00

Contact: mneihouse@yahoo.com





牆數:4