

Bring Me To Life

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Ria Vos (NL) - January 2012
音樂: Bring Me to Life (Almighty Club Radio Mix) - Katherine Jenkins : (Album: Bring Me To Life)



Intro: 32 counts

L Step Fwd, Brush, Cross, Back, Side, Cross, Unwind ½ Turn R, Cross, R Scissor Cross

1-2-3 Step Fwd on L, Brush R Fwd Across L, Cross R Over L
4&5 Step Back on L, Step R to R Side, Cross L Over R
6-7 Unwind ½ Turn Right (weight on R), Cross L Over R (6:00)
8&1 Step R to Right Side, Step L Next to R, Cross R Over L

Side, Cross, L Scissor Cross, ¼ Turn L, ¼ Turn L, ¼ Turn L Chasse R

2-3 Step L to Left Side, Cross R Over L
4&5 Step L to Left Side, Step R Next to L, Cross L Over R
6-7 ¼ Turn Left Step Back on R, ¼ Turn Left Step L to Left Side (12:00)
8&1 ¼ Turn Left Step R to Right Side, Step L Next to R, Step R Long Step to Right Side (9:00)

Drag, & Cross, Side, R Sailor Step, Behind, ¼ Turn R

2&3 Drag L Towards R, Step on Ball of L Next to R, Cross R Over L
4 Step L to Left Side
5&6 Step R Behind L, Step L to Left Side, Step R to Right Side
7-8 Step L Behind R, ¼ Turn Right Step Fwd on R (12:00)

Step, Pivot ½ Turn R, Step Fwd, ½ Turn L Step Back, L Shuffle ½ Turn L, Rock Fwd

1-2 Step Fwd on L, Pivot ½ Turn Right (6:00)
3-4 Step Fwd on L, ½ Turn Left Step Back on R (12:00)
5&6 L Shuffle ½ Turn Left Stepping L, R, L (6:00)
7-8 Rock Fwd on R, Recover on L

R Shuffle Back, Rock Back, Dip/Step Fwd, ¼ Turn R Point R, Dip/Side, L Kick-Ball-Cross

1&2 R Shuffle Back Stepping R, L, R
3-4 Rock Back on L, Recover on R ***Restart Point Wall 3 & 5
5-6 Step Fwd on L Dipping Down, Coming Up on L Turn ¼ Right Point R to Right Diagonal (9:00)
7 Step R to Right Side Dipping Down
8&1 Coming Up on R Kick L to Left Diagonal, Step L Next to R, Cross R Over L

Walk-Walk-Shuffle Turning ¾ Arc Turn Left, Jazz Box

2-3 Walk Fwd L, R Starting a ¾ Arc Shape Turn Left
4&5 Shuffle Fwd Stepping L, R, L Finishing ¾ Arc Shape Turn Left (12:00)
6-7-8 Cross R Over L, Step Back on L, Step R to Right Side ***Restart Point wall 2

Cross Rock, & Cross, Side, Behind-Side-Cross, Side Rock ¼ Turn R

1-2& Cross Rock L Over R, Recover on R, Step L Next to R
3-4 Cross R Over L, Step L to Left Side
5&6 Step R Behind L, Step L to Left Side, Cross R Over L
7-8 Rock L to Left Side, ¼ Turn Right Recover on R (3:00)

Full Turn R, Shuffle Fwd, Step Pivot ½ Turn L, ¼ Turn L Side Step, Touch

1-2 ½ Turn Right Step Back on L, ½ Turn Right Step Fwd on R (3:00)
3&4 L Shuffle Fwd Stepping L, R, L

5-6 Step Fwd on R, Pivot ½ Turn Left (9:00)

7-8 ¼ Turn Left Step R to Right Side, Touch L Next to R (6:00)

Tag: 4 Count Tag After Wall 1 (6:00)

1-4 Rock Fwd on L, Recover on R, Rock Back on L, Recover on R

Restarts: 2nd Wall After Count 48 (6:00), 3th & 5th Wall After Count 36 (12:00)
