

Bound To You

拍數: 96 牆數: 2 級數: Intermediate / Advanced - waltz
編舞者: Maria Maag (DK) - June 2012
音樂: Bound to You - Christina Aguilera



Intro: 48 counts from first beat in music, Weight on L

[1 – 6] 1/4 turn R and sweep L, weave R

1-2-3 Turn ¼ R stepping R fw. and sweep L (1), continue sweeping L around (2,3), 03:00
4-5-6 Cross L over R (4), step R to side (5), Cross L behind R (6) 03:00

[7 – 12] Slowly sway R and L

1-2-3 Step R to Side (1) sway slowly R (2,3) 03:00
4-5-6 Step L to side (4) sway slowly L (5,6) 03:00

[13 – 18] Figure 4 3/8 turn R, walk hold

1-2-3 Turn ¼ R stepping R fw. and L foot goes to R shin (1), continue turning 3/8 R (2,3) 10:30
4-5-6 Step L fw.(4), hold (5,6) 10:30

[19 – 24] Full spiral turn L, step L sweep R

1-2-3 Step R fw. preparing a spiral turn L (1) make a full turn L on ball of R foot (2,3) 10:30
4-5-6 Step fw. L and sweep R (4), continue sweeping R (5,6) 09:00

[25 – 30] Cross side rock, step hitch hold

1-2-3 Cross R over L. (1), rock L to side (2), recover R. (3) 10:30
4-5-6 Step fw L (4), hitch R (5) hold (6) 10:30

[31 – 36] Step hook hold, step sweep

1-2-3 Step back R (1), hook L in front of R shin (2), hold (3) 10:30
4-5-6 Step fw. L (4), sweep R in front of L (5) hold (6) 09:00

[37 – 42] Weave L, step ¼ L hold

1-2-3 Cross R over L (1), step L to side(2), cross R behind L(3) 09:00
4-5-6 Turn ¼ L stepping L fw.(4) hold (4) hold (6) 06:00

[43 – 48] ½ turn L and sweep, step sweep

1-2-3 Make a ½ turn L on L foot stepping R back and sweep L around and back(1), hold (2), hold (3) 12:00
4-5-6 Step back L and sweep R around and back (4), hold (5), hold (6) 12:00

[49 – 54] Behind side cross, step L and slide R

1-2-3 Cross R behind L (1), step L to side (2), cross R over L (3) 12:00
4-5-6 Step L to side (4), slowly slide R next to L (5-6) 12:00

[55 – 60] ¼ turn basic fw. R, ½ turn R sweep R

1-2-3 Turn ¼ R stepping fw. R (1), step L next to R (2), step R next to L (3) 03:00
4-5-6 Make a ½ turn R on R stepping L back and sweep R back (4), hold (5), hold (6) Restart here on wall 3 09:00

[61 – 66] Sailor step, cross point R

1-2-3 Cross R behind L (1), step L to side (2), step R to side(3) 09:00
4-5-6 Cross L over R (4), point R to side (5), hold (6) 09:00

[67 – 72] Rolling vine 1 ¼ R, slowly step ½ turn R

1-2-3 ¼ R stepping fw. R (1), ½ turn R stepping L back (2), ½ turn R stepping fw. R (3) 12:00
4-5-6 Step fw. L (4), make a ½ turn R on L foot (5), hold (6) weight ends on L 06:00

[73 – 78] Step fw.R and point L to L, step back L and point R to R

1-2-3 Step R fw. (1), point L to side (2), hold (3) 06:00
4-5-6 Step back L (4), point R to side (5), hold (6) 06:00

[79 – 84] Twinkle R, weave R

1-2-3 Cross R over L (1), step fw. L (2), step R diagonally R (3) 06:00
4-5-6 Cross L over R (4), step R to side (5), cross L behind R (6) 06:00

[85 – 90] Step R and slide L, ¼ turn L and slide R

1-2-3 Step R to side (1), slide L next to R (2) hold (3) 06:00
4-5-6 Turn ¼ L stepping fw. L (4), slide R next to L (5) hold (6) 03:00

[91 – 96] Full triple turn fw. slowly step ¼ turn R

1-2-3 Step fw. R. (1), ½ turn R stepping back L. (2), ½ turn R. Stepping fw. R. (3) 03:00
4-5-6 Step fw. L. (4), make a ¼ turn R. On L. Foot (5), hold (6) weight ends on L 06:00

ENJOY....:-)

1 Restart : On wall 3 after 60 count of dance.(facing 9. 0`clock)

Restart the dance with a ½ turn R stepping R fw. and sweep L (count 1)(facing 3 0`clock)

Ending : Wall 8 after 12 count of dance:-

Count 13-16 : Turn ¼ R stepping fw. R and L foot goes to R shin (1), continue turning 1/2 R (2,3) 12:00

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