

Spread It Around

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: David Spencer (UK) - September 2012
音樂: Spread a Little Love Around - Darryl Worley : (CD: I Miss My Friend)



16 count intro - Start on vocals

Mambo 1/2 Turn Right, Lock Step Forward, Step 1/4 L Cross, 1/2 Turn R Cross.

- 1 & 2 Rock forward on R. Recover back on L. 1/2 turn R stepping forward on R.
- 3 & 4 Step forward on L. Lock R behind L. Step forward on L.
- 5 & 6 Step forward on R. Pivot 1/4 turn L. Cross R over L.
- 7 & 8 1/4 turn R stepping back on L. 1/4 turn R stepping R to R side. Cross L over R. [9.00]

Diagonal Step Touches, Lock Step Back, Back Rock 1/2 Turn R, 3/4 Turn R.

- 1 & Step forward on R to R diagonal. Touch L next to R.
- 2 & Step back on L to L diagonal. Touch R next to L.
- 3 & 4 (Angling body slightly to R) Step back on R. Lock L over R. Step back on R.
- 5 & 6 Rock back on L. Recover forward on R. 1/2 turn R stepping back on L.
- 7 - 8 1/2 turn R stepping forward on R. 1/4 turn R stepping L to L side. [12.00]

Easier option for counts 5 - 6

- 5 & 6 L Back rock step forward L. 7-8 Step forward R. 1/4 R stepping L to L side.

R Sailor, Weave Behind & Cross, 1/2 Turn L Step Forward, L Lock Step (or Triple Full Turn)

- 1 & 2 Cross R behind L. Step L to L side. Step R to R side.
- 3 & 4 Cross L behind R. Step R to R side. Cross L over R.
- 5 & 6 1/4 turn L stepping back on R. 1/4 turn L stepping forward on L. Step forward R.
- 7 & 8 L Lock step forward (or triple full turn R travelling forward). [6.00]

Mambo 1/4 Turn Right. Weave R. R Side Rock & Cross. L Half Rumba Box.

- 1 & 2 Rock forward on R. Recover back on L. 1/4 turn R stepping R to R side.
- 3&4& Cross L over R. Step R to R side. Cross L behind R. Step R to R side.
- 5&6& Cross L over R. Rock out to R on R. Recover on L. Cross R over L.
- 7 & 8 Step L to L side. Close R next to L. Step forward L. [9.00]

TAG: At the end of walls 2 [facing 6.00] and 4 [facing 12.00], a 16 count tag is required.

Mambo Step. Cross Back 1/2 Turn L. Step 1/2 L Step Forward. 3 Runs Forward.

- 1 & 2 Rock forward on R. Recover back on L. Step back on R.
- 3 & 4 Cross L over R. Step back on R. 1/2 L stepping forward on L.
- 5 & 6 Step forward on R. Pivot 1/2 turn L. Step forward on R.
- 7 & 8 "Run" forward on L-R-L.

Easier option for counts 3 - 6

- 3 & 4 Cross L over R. Step back on R. Step back on L.
- 5 & 6 Rock back on R. Recover forward on L. Step forward on R.

- 9 - 16 Repeat above 8 Counts.

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