Gratitude

拍數: 32

級數: Improver / Intermediate

編舞者: Gillian Pulpher (UK) - October 2012

音樂: Gratitude - Mint Condition

32-count intro, start dance on vocals

Section 1: Walks Forward, Anchor Step, Half Pivot, Rock And Cross

- 1-2 Walk forward right, left.
- 3 & 4 Right anchor step, right, left right
- 5-6 Step forward left, half pivot to right, putting weight on right
- 7 & 8 Rock left out to left, replace on right, cross left over right

Section 2: Jump/Kick, Vaudeville With Right Heel

- 1-2 Step (jump) back on right, kick left diagonally to left at same time, recover on left
- 3 & 4 & Right across left, left in place, tap right heel to right diagonal, replace on right
- 5-6 Left across right, right in place
- 7 & 8 Left sailor step, turning quarter left, left, right, left

Section 3: Slow Diagonal Step Touches Back X 2 (With Attitude!). Step Out Right, Left. Touch And Cross

- 1-2 Step diagonally back on right, touch left next to right
- 3-4 Step diagonally back on left, touch right next to left
- 5-6 Step out right, step out left
- 7 & 8 Touch right toe next to left foot, step down on right, cross left over right

Section 4: Large Step And Drag Right, Left Side-Shuffle. Step Half-Pivot, Kick-Ball Change

- 1-2 Large step to right, drag left to right foot, touch left next to right (keeping weight on right)
- 3 & 4 Left side-shuffle
- 5-6 Step forward right, half-pivot left replacing weight on left foot
- 7 & 8 Right kick-ball change
- Start again





牆數:4