Your Memory Burns



拍數: 48 牆數: 4 級數: Intermediate - waltz

編舞者: Donna Manning (USA) - November 2012

音樂: Come Wake Me Up - Rascal Flatts



24 count intro

Sect. 1 [1-6] Step, Lift, Step Back, 1/8 Turn Left, 1/8 Turn Left

- 1, 2-3 Step Forward on the R, Lift L Knee rise on ball of R foot allowing L instep to come to the back of the R Calf, Return weight to R Foot
- 4, 5, 6 Step L Foot back, Step R Foot back turning body 1/8 turn L, Step L Foot to L side completing another 1/8 turn L (9:00)

Sect. 2 [7-12] Cross, 1/4 Turn R, Side, Step Forward, 1/2 Turn L Pirouette

- 1, 2, 3 Cross R over, ¼ R Stepping L to L side, Step R to R side (12:00)
- 4, 5-6 Step L Foot Forward, ½ turn L Pirouette (keep R instep next to L ankle) (6:00)

Sect. 3 [13-18] R Twinkle, Cross, 1/4 Turn L, Full Turn L Spiral

- 1,2,3 Step R Across L, Close L To R, Step Right to Forward R diagonal facing 7:00 (6:00)
- 4, 5-6 Cross L over R, ¼ L Stepping R close to L, Full Turn L Spiral on the ball of the R (3:00)

Sect.4 [19-24] Press, Recover, Side, Press, Recover, Side

- 1, 2, 3 (coming out of spiral) Press L over R, Recover to R, Step L to L Side
- 4, 5, 6 Press R over L, Recover to L, Step R to R Side (3:00)
- ***TAG 3 counts on the next rotation after the 1st Restart Step L Forward (3:00), ½ Turn L Pirouette keeping R Foot next to L ankle RESTART facing 9:00.

Sect.5 [25-30] Step, Lift, Turn, Step, Drag, Close

- 1, 2-3 Step L Foot Forward, Lift Knee of R bringing into a figure 4, right instep close to L calf while turning ½ turn L on the ball of the L (9:00)
- 4, 5, 6 Step Back on the R, Drag L to R, Close L to R (9:00)
- ***Restart 1: happens here the 3rd time you begin @ 3:00- you will be facing 12:00 when it happens. The very next rotation of the dance is where the Tag and Restart happens after sect. 4***

Sect.6 [31-36] Step, Sweep, Step, Sweep

- 1, 2-3 Step Forward on the R, Sweep ¼ Turn R on the ball of R keeping L in towards R instep. (12:00)
- 4, 5-6 Step L Forward, Sweep 3/8 Turn L on the ball of L keeping R in towards L instep. You will be facing 7:00 angle. (6:00)

Sect.7 [37-42] Step, Close, Step, Forward Rock (recover will be 1 of next sect.)

- 1, 2, 3 Step R Foot Forward towards 7:00, Close L to R, Step R Forward to 7:00
- 4-5-6 Step L Foot Forward to 7:00 pause thru 5-6 (take your time through this forward sway)(6:00)

Sect.8 [43-48] Recover, Side, Cross, ¼ Turn, ½ Turn, Step Forward

- 1, 2, 3 Recover weight to R, Step L to L side, Cross R over L (prep, toe out)

End of Dance --- Have Fun!!!

Please do not alter this step sheet in any way.

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