

# Listen Here

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Amy Christian (USA) & Jill Babinec (USA) - April 2013  
音樂: Listen - Trin-i-tee 5:7



## Intro: 16 Counts

### **¼ BOX SLIDE STEPS X 3, L COASTER, SCUFF-STEP-SCUFF, MAMBO, OUT, OUT,**

1&            ¼ Turn left, Sliding R to right side (9:00), sliding L towards R,  
2&3           ¼ Turn left, Sliding L to left side (6:00), sliding R towards L, ¼ Turn left, Sliding R to right side (3:00),  
4&5           L Coaster Step,  
6&6           Scuff R heel, Step fwd on R, Scuff L heel,  
7&8           (Fwd Mambo) Rock fwd on L, Recover back on R, Step back on L,  
&1            Step R to right side, Step L to left side,

### **¼ TWIST, L COASTER, CROSS ROCK, SIDE ROCK, TOGETHER, HITCH, BUMPS, HITCH**

2            Twist ¼ left, weight on R (12:00),  
3&4           L Coaster Step,  
5&6&        Cross, Recover, Side, Recover,  
7&           Step R next to L, Hitch L slightly across R knee,  
8&1        Step L to left side as you Bump L(8), Bump R, Hitch R as you Bump L (11:00),

### **CROSS ROCK, SIDE ROCK, ¼ R COASTER, LOCK, STEP, PIVOT ¼, CROSS,**

2&3&        Cross R over L, Recover on L, Rock R out to R side, Recover on L,  
4&5        ¼ Turn right, R Coaster Step, (3:00)  
&6        Lock L behind R, Step fwd on R,  
7&8        Step fwd on L, Pivot ¼ turn right on R, Cross L over, (6:00)

### **SIDE, HOLD, TOGETHER, SIDE, TOUCH, ¼, ½, ¼ SAILOR STEP,**

1-2        Step R to right side, Hold,  
&3-4       Step L next to R, Step R to right side, Touch L next to R,  
5-6        ¼ Turn left, stepping fwd on L (3:00), make ½ pivot L stepping back on R (9:00),  
7&8        Sweep L from front, into a ¼ turn L Sailor step (6:00),

### **PUSH MAMBO ½, PUSH MAMBO ½, FORWARD, PIVOT ¼, CROSS & CROSS & CROSS,**

1&2        Step R fwd (pushoff ball of foot), Recover on L as start to pivot ½ turn R, Step fwd R and finish turn (12:00)  
3&4        Step L fwd (pushoff ball of foot), Recover on R as start to pivot ½ turn L, Step R fwd and finish turn (6:00)  
5&6        Step R fwd, Pivot ¼ turn left on L, Cross R over L (3:00),  
&7&8       Step side L , cross R over L, Step side L, Cross R over L

### **SIDE ROCK, RECOVER, SAILOR STEP, ROCKING CHAIR, WALK, WALK,**

1-2        Step L to left side, Recover on R,  
3&4        L Sailor,  
5&6&       Rock fwd on R, Recover back on L, Rock back on R, Recover fwd on L  
7-8        Walk fwd R, L,

### **ROCK FWD & SIDE &, BIG STEP BACK , STEP , STEP, HEEL & HEEL & HEEL FLICK, STEP FWD**

1&2&        Rock fwd on R, Recover back on L, Rock R to side, Recover onto L  
3-4&        Large step back on R as you drag L to R, Step L next to R (4), Step R next to L (&)  
5&6&        L Heel fwd, Step L next to R, R Heel fwd, Step R next to L,

7&8 L Heel fwd, L Heel flick to L side, Step fwd L (make sure you step fwd here)

**HINGE ¼, HOLD, HINGE ¼, HOLD, ¼ FWD, FWD, PIVOT ½, FWD,**

1-2 Hinge ¼ turn right, stepping R to right side, Hold, [Hands raised slightly above head, and head Looking up] (6:00),

3-4 Hinge ¼ turn right stepping L to left side, Hold, [Hands Clapsed together (“praying hands”), Looking forward] (9:00),

5-6 Turn ¼ right, Stepping fwd on R (12:00), Step fwd on L,

7-8 Pivot ½ turn right stepping fwd on R (6:00), Step L fwd

**Begin Again**

**Contact: [amy@linefusiondance.com](mailto:amy@linefusiondance.com) - [toofdds1@aol.com](mailto:toofdds1@aol.com)**

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