And The People Said

級數: Intermediate / Advanced



音樂: Amen - Chris August

16 count intro

To Joey Warren: Thank you for giving me this song and the inspiration for this dance.	
Nightclub Basic, Sway X2, Step Cross, Syncopated Rock, Recover, Behind, ¼ Turn, ½ Chase Turn	
1-2&	Step left to left side, step right slightly behind left, step left across right
3-4&5	Step right to right side swaying to right, sway left putting weight to left, step right next to left, cross left over right angling slightly towards right diagonal
6&7	Rock forward on right, recover weight to left, step back on right (still on angle)
&8&	$\frac{1}{4}$ turn left stepping forward on left (9:00), step forward on right, pivot $\frac{1}{2}$ turn left (3:00) weighting left
¼ Turn, Nightclub Basic X2, ¼ Turn, ½ Turn, ½ Turn, ¼ Turn Nightclub Basic, ¼ Turn	
1-2&	1⁄4 turn left stepping right to right side (12:00), step left slightly behind right, step right across left
3-4&	Step left to left side, step right slightly behind left, step left across right
5&6	$\frac{1}{4}$ turn right stepping forward on right (3:00), $\frac{1}{2}$ turn right stepping back on left (9:00), $\frac{1}{2}$ turn right stepping forward on right (3:00)
7&8	& ¼ turn right stepping left to left side (6:00), step right slightly behind left, step left across right, ¼ turn left stepping back on right (3:00)
Back Step, 1/8 Coaster Turn, ¼ Weave With Back Sweep, 1/8 Weave With Front Sweep, Cross, Side Step	
1-2&3	Step left back, 1/8 turn left stepping right back (1:30), step left next to right, step forward right
4&5	Cross left over right, ¹ / ₄ turn left stepping right to right side (10:30), step left behind right while sweeping right from front to back
6&7	Cross right behind left, 1/8 turn stepping left to left side (squaring up to 9:00), cross right over left while sweeping left to left side from back to front
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8& Cross left over right, step right to right side

Note: Think of this section as a wide arc, so don't make your turns tight

Back Rock, Recover, 1/2 Turn, Back Rock, Recover, 1/2 Turns X4, Side Weave

- 1-2& Rock back on left, recover weight to right, ¹/₂ turn right stepping back on left (3:00)
- 3-4 Rock back on right, recover weight to left
- 1/2 turn left stepping back on right (9:00), 1/2 turn left stepping forward on left (3:00), 1/2 turn left 5&6 stepping back on right (9:00)
- 7&8& 1/2 turn left stepping forward on left (9:00) sweeping right to right side from back to front, cross right over left, step left to left side, step right behind left

Start Again

Restarts:-

Restart #1 happens on Wall 3 after the first 16 counts ("8&"). You'll be facing 12:00 when it occurs.

Restart #2 happens on Wall 7 after the first 8 counts. You'll be facing 9:00. Dance up to and including, "7&", where you'll be facing 6:00.

Step forward on right ("8"), then make a 1/2 turn over left. shoulder on right foot while lifting left knee and tucking it in next to right leg ("&").

Start the dance over again – you'll be facing 12:00.





牆數: 4