

Weep

拍數: 64 牆數: 2 級數: Advanced
編舞者: Guyton Mundy (USA) - October 2013
音樂: Relax My Beloved, by Alex Claire



16 count intro

The dance has one repeat after the first 32 counts, and then you drop the last 16 counts on the first wall.
That's all

[1-8] back X3, ½ pivot, back X3 ½ pivot, behind with sweep to diagonal, behind, ¼, ½, back X3, ¼ ¼ toe turn, heel lift with knee pop

- 1&a2 step back on left, step back on right, step back on left, make a ½ turn pivot to left on both heels with weight ending on right
- 3&a4 step back on left, step back on right, step back on left, make a ½ turn pivot to left on both heels with weight ending on right
- 5 step left behind right (diagonally so you face the 10:30 wall) as you sweep right around to right
- 6&a step right behind left, make a ¼ turn to left stepping forward on left, make a ½ turn to left as you step back on right (you should be facing the 1:30 wall)
- 7&a walk back left, right, left
- 8&a Turn right toe in a ¼ turn to left as you turn upper body a ¼ turn to left, turn left toe out a ½ turn to left as you turn upper body a ¼ turn to left (you should be on the 7:30 wall) pop left knee up as you raise left heel.

[9-16] heel down with sweep, cross back together X2, cross back ½, full, out out, ¼ pivot, heel lift, back X3

- 1 place left heel down as you sweep right out and forward
- 2&a cross right over left, step back on left, step slightly back on right
- 3&a cross left over right, step back on right, step slightly back on left
- 4&a5 cross right over left, step back on left, make a little less than a ½ turn over right as you step forward on right and start a full turn to right on right (you should be back on the 12 O'clock wall) 6&a step out left, step out right, make a ¼ turn pivot to the left on both heels
- 7 raise up on the balls of both feet as you lean slightly forward as you push arms back
- 8&a roll back down to flat foot taking weight to right, step back left, step back on right

[17-24] ½ turn with sweep, cross back side, cross rock/recover, ¼, ½, ¼ side, sailor, out out, sailor, behind

- 1 make a ½ turn to left as you step forward on left as you sweep right out and forward
- 2&a cross right over left, step back on left, step right to right side
- 3 4 cross rock left over right, recover on right
- &a5 make a ¼ turn to left stepping forward on left, make a ½ turn to left stepping back on right, make a ¼ turn to left stepping left to left side
- 6&a step right behind left, step together with left, step forward on right
- 7& step left out to left, step right out to right
- a8& step left behind right, step together with right, step slightly forward on left a step right behind left

[25-32] ¼, walk, rock/recover, back back, ½, full spiral, full triple, full spiral, walk walk walk

- 1 2 make a ¼ turn to left stepping forward on left, walk forward on right
- 3&a4 rock forward on left, recover on right, step back on left, step back on right
- &5 make a ½ turn to left stepping forward on left, step forward on right as you make a full spiral turn over left
- 6&a (2 ways you can do this part) Make either a full triple turn over left shoulder stepping left right left, or walk forward left right left, leaving out the turn
- 7 step forward on right as you make a full spiral turn over left

8&a walk forward left right left

(on the first wall you will start count 17 again without the ½ turn, Just sweep right out on count one and continue the dance...BUT!!!! Instead of making your ¼ ½ ¼ You will make a ½ ½ ¼ that will bring you back to the 3:00 wall)

[33-40] Forward weave, hand move, head turn, toe pivot, ball step, body rolls, behind side cross

1&a step forward on right, step left behind right, step forward on right
2&a step forward on left, step right behind left, step forward on left
3a4 step right out to right (angling body slightly to right 1:30 wall when done to the front and 7:30 when facing the back) as you bring right hand up with index finger pointing up overtop of right eyebrow, slide right finger down right cheek, with right finger still on cheek look to left
&a5 pivot both toes a ¼ turn to left as you take weight to left foot, bright right to left, step left to left side as you start a body roll back (body should be angled to the left 10:30 wall when facing the front and 4:30 when facing the back)
a6 roll body back forward, body roll back
a7 roll body back forward, body roll back as you take weight to right foot
8&a step left behind right, step right to right, cross left over right

[41-48] Step with grab, grab, pull, push, body push back, body push forward, body roll back, back X3, back with ½ sweep, coaster, walk X2

1&a2 step right diagonally forward to right with knees slightly bent as you reach forward with right hand like you are grabbing something, reach forward with left as if your grabbing something, pull body slightly forward keeping hands in place, push body back keeping hands in place
&a push hips slightly back, bring hips back to center
3 roll body up and back
4&a step back left, right, left
5 step back on right as you make a ½ turn over left while sweeping left around
6&a step back on left, step together with right, step forward on left
7 8 walk forward right, left

(You will touch left next to right here when doing the first wall, then hold for 2 counts and Restart the dance)

[49-56] Forward weave, hand move, head turn, toe pivot, ball step, body rolls, behind side cross

1&a step forward on right, step left behind right, step forward on right
2&a step forward on left, step right behind left, step forward on left
3a4 step right out to right (angling body slightly to right 1:30 wall when done to the front and 7:30 when facing the back) as you bring right hand up with index finger pointing up overtop of right eyebrow, slide right finger down right cheek, with right finger still on cheek look to left
&a5 pivot both toes a ¼ turn to left as you take weight to left foot, bright right to left, step left to left side as you start a body roll back (body should be angled to the left 10:30 wall when facing the front and 4:30 when facing the back)
a6 roll body back forward, body roll back
a7 roll body back forward, body roll back as you take weight to right foot
8&a step left behind right, step right to right, cross left over right

[57-64] grab X2, pull, push, body hit back, body hit forward, body roll back, back X3, back with ½ sweep, coaster, walk, touch

1&a2 step right diagonally forward to right with knees slightly bent as you reach forward with right hand like your grabbing something, reach forward with left as if your grabbing something, pull body slightly forward keeping hands in place, push body back keeping hands in place &a push hips slightly back, bring hips back to center
3 roll body up and back
4&a step back left, right, left
5 step back on right as you make a ½ turn over left while sweeping left around
6&a step back on left, step together with right, step forward on left

7 8

walk forward right, touch left next to right At the end of the 3rd wall you will just continue to walk forward
