

I Hope

拍數: 64 牆數: 2 級數: High Improver
編舞者: Nathan Gardiner (SCO) - December 2013
音樂: I Hope - Rebecca Ferguson



Intro: 36 Count Intro - Start on Vocals - No Tags or Restarts

WALK, WALK, MAMBO FORWARD, WALK, WALK, COASTER STEP

1-2 step forward right, step forward left
3&4 rock forward on right, recover on left, step back on right
5-6 step back on left, step back on right
7&8 step back on left, step right next to left, step forward on left

STEP PIVOT 1/4, CROSS SHUFFLE, 1/4 1/4 RIGHT, CROSS SHUFFLE

1-2 step forward on right, 1/4 turn pivot left
3&4 cross step right over left, step left next to right, cross step right over left
5-6 1/4 turn stepping back on left, 1/4 turn right stepping right to right side
7&8 cross step left over right, step right next to left, cross step left over right

ROCK RECOVER, RIGHT SAILOR STEP, LEFT SAILOR STEP, 1/2 TURN PIVOT

1-2 rock out to right side, recover on left
3&4 step right behind left, step left to left side, step right to right side
5&6 step left behind right, step right to right side, step left to left side
7-8 step forward on right, 1/2 turn pivot left

FULL TURN, MAMBO STEP, WALK WALK, LEFT SAILOR 1/4 LEFT

1-2 1/2 turn left stepping back on right, 1/2 turn left stepping forward on left
3&4 rock forward on right, recover on left, step back on right
5-6 step back on left, step back on right
7&8 1/4 left stepping back on left, step right to right side, step left to left side

CROSS ROCK RECOVER, CHASSE RIGHT, CROSS ROCK RECOVER, CHASSE 1/4 TURN

1-2 cross rock right over left, recover on left
3&4 step right to right side, step left next to right, step right to right side
5-6 cross rock left over right, recover on right
7&8 step left to left side, step right next to right, 1/4 turn left stepping forward left

STEP PIVOT 1/4, CROSS SHUFFLE, ROCK RECOVER, SAILOR 1/4 TURN LEFT

1-2 step forward on right, 1/4 turn pivot left
3&4 cross step right over left, step left next to right, cross step right over left
5-6 rock out to left side, recover on right
7&8 1/4 turn left stepping back on left, step right to right side, step left to left side

ROCKING CHAIR, SHUFFLE FORWARD, STEP PIVOT 1/4

1-4 rock forward on right, recover on left, rock back on right, recover on left
5&6 step forward on right, step left next to right, step forward on right
7-8 step forward on left, 1/4 turn pivot right

CROSS SHUFFLE, 1/4 1/4, SWAY RIGHT, SWAY LEFT, SWAY RIGHT, SWAY LEFT

1&2 cross step left over right, step right to right side, cross step left over right
3-4 1/4 turn left stepping back on right, 1/4 turn left stepping left to left side
5-8 sway hips, right, left, right, left

Ending: During wall 5 dance upto count 48 do behind side cross instead of sailor 1/4

Start Again.....Happy Dancing

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