

Inspiration

拍數: 48 牆數: 4 級數: Intermediate
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音樂: You're The Inspiration by Peter Carera



Intro 16 count - Sequence 48 / 44 & / 48 / 32 / 32 / 48

I. SIDE , BEHIND , RECOVER , SIDE , BEHIND , RECOVER , 1/4 TURN L SIDE , BEHIND , RECOVER , 1/2 TURN R , SWEEP BEHIND , SIDE

- 1 – 2 & Step R to R side , Rock Back on L (slightly behind R) , Recover on R
- 3 – 4 & Step L to L side , Rock Back on R (slightly behind L) , Recover on L
- 5 – 6 & Make 1/4 turn L Step R to R side , Rock Back on L (slightly behind R) , Recover on R
- 7 – 8 & Make 1/2 turn R step back on L , Sweep R around to the Left cross behind L , Step L to L side

II. CROSS OVER , RECOVER , SYNCOPATED , SCISSOR , 3/4 TURN R

- 1 Step R Cross Over L
- 2&3&4&5 Recover on L , Side R to R Side , Step L Cross over R , Side R to R side , Step L behind R , Side R to R side , Step L Cross over R
- 6 & 7 Side R to R side , Step L next to R , Step R Cross over L
- 8 & Make 1/4 turn R step back on L , 1/2 turn R step R forward

III. FORWARD , COASTER , SHUFFLE , COASTER , FORWARD , PIVOT 1/2 TURN R

- 1 Step L forward
- 2 & 3 Step R Forward , step L next to R , Step R Back
- 4 & 5 Back Shuffle L , R , L
- 6 & 7 Step R back , step L next to R , Step R Forward
- 8 & Step L Forward , Pivot 1/2 turn R

IV. 1/4 TURN R SIDE , SWAY , BEHIND , SIDE , CROSS , SIDE , CROSS , SIDE , 1/4 TURN L SAILOR

- 1 – 2 1/4 turn R step L to L side , Sway R
- 3 & 4 Step L behind R , Step R to R side , Step L Cross over R
- 5 & 6 Step R to R side , Cross L over R , Step R to R side
- 7 & 8 1/4 turn L step L behind R , Step R next to L , Step L to L side

RESTART on wall 4 and wall 5

V. CROSS , SIDE , RECOVER , CROSS , SIDE , RECOVER , CROSS , 1/4 TURN R , 1/2 TURN R , FORWARD

- 1 – 2 & Step R cross over L , Step L to L side , Recover weight on R
- 3 – 4 & Step L cross over R , Step R to R side , Recover weight on L
- 5 – 6 Step R cross over L , 1/4 turn R step back on L
- 7 – 8 1/2 turn R step forward on R , Step L forward

VI. BACK , 3/4 TURN L SHUFFLE , FORWARD , POINT , 1/4 TURN L , 1/2 TURN L , 1/2 TURN L

- 1 Step back on R
- 2 & 3 Make 3/4 turn L shuffle LRL
- 4 – 5 Step R forward , Step L point toe to L side (weight on R)
- 6 – 8 Make 1/4 turn L step onto L , 1/2 turn L step back on R , 1/2 turn L step L Forward

Restart on WALL 2 AFTER 4 COUNT ON SECTION VI ADD COUNT "&"

- 1 Step back on R
- 2 & 3 Make 3/4 turn L shuffle LRL
- 4 & Step R forward , Step L beside R

ENJOY THE DANCE

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