My Pledge (Is My Bond)



拍數: 34 牆數: 2 級數: Improver 編舞者: David Lawson & Janene Lawson (AUS) - May 2014 音樂: Man of My Word - Collin Raye: (Album: Extremes.)



Start: Weight on left, start on lyrics.

[1 - 8]□ Side rock, behind side cross, side rock ¾ triple turn left:	
1 - 2	Rock R to R side, recover to L,
3 & 4	Step R behind L, step L to L side, Step R in front of L,
5 - 6	Rock L to L side, recover to R.
7 & 8	Turn ¾ L, triple step L, R, L.
[9 - 16]□ Rock forward, recover, slow sweep, slow sweep, coaster step, shuffle forward:	
1 – 2	Rock forward on R, recover to L,
3 - 4	Sweep R around to R and behind L, Sweep L around to L and behind R
5 & 6	Step R back, step L alongside R, step R forward.
7 & 8	Shuffle forward L, R, L.
[17 - 24]□ Step ¼ pivot, cross shuffle, step back ¼ turn, step back, coaster step:	
1 - 2	Step R forward, pivot ¼ turn L,
3 & 4	Cross R in front of L, step L to L side, cross R in front of L,
5 - 6	Step L back, turning ¼ R, step R back,
7 & 8	Step L back, step R alongside L, step L forward,
[25 - 32]□ Shuffle forward, step ¼ pivot, cross samba, cross samba:	
1 & 2	Shuffle forward R, L, R,
3 - 4	Step L forward, pivot ¼ turn R,
5 & 6	Cross L over R, rock onto R, recover to L,
7 & 8	Cross R over L, rock onto L, recover to R.
[33 - 34] Shuffle forward, hitch:	
1 & 2 &	Shuffle forward L, R, L, hitch R knee across left.

Repeat on new wall.

Restart: On wall 4 (facing 6:00), dance to count 16, then start again.

Note: After the restart, you will be dancing to the side walls.

Happy Dancin'