Beneath it All



拍数: 32 墙数: 2 级数: Intermediate

编舞者: Amy Glass (USA) - October 2014

音乐: Try - Colbie Caillat: (iTunes)



#16 count intro; dance starts on lyrics; 2 restarts (sequence: 32, 32, 16, 32, 32, 32, 16, 32, 13)

[1-8]□Step L/Sweep R.	Cross Side	Sten Back R/Sween I	Vine with 1/2 R	Run Run Press Back
II-OILJOIED LJOWEED K.	C1055. Glue.	. Jieu dauk ryjweed L	. VIIIE WILII 1/4 FL.	Ruii, Ruii, Fiess, Daci

1	Step slightly forward on L while sweeping R from back to front	
1		

2& Cross R over L, Step L to L

3 Step back on R while sweeping L from front to back

4&5 Step L behind R, step R to R side, Step forward L while turning 1/4 R

6&7 Quick runs forward R, L, Press R forward while reaching L arm forward & R slightly back

(3:00)

8& Recover weight on L, step R slightly back

[9-16] □ Cross, Back, Back x2, Run x2, Cross with ¾ R, L Basic, ¼ L Stepping Side, Behind, Side

1&2 Cross L over R, Step back on R, Step back on L

&3 Cross R over L, Step back on L

&4& Run R, L, Cross R over L, turning ¾ R. Take these steps in a circular pattern on the floor

(12:00)

5-6& [Nightclub basic] Big step to L, rock back R, cross L over R

7-8& Turn ¼ L while taking big step to R, step L behind R, step R to R side (9:00)

[17-24] □Diamond Turn to R (on Diagonals)

1-2&	Step forward L (toward 10:30), Forward R, Step back L while turning $\frac{1}{4}$ R (1:30)
3-4&	Step back R, Back L, Forward R while turning 1/4 R (4:30) * think of this as a coaster
5-6&	Step forward L, forward R, back L while turning 1/4 R (7:30)

7-8& Step back R, Step Back L squaring up to 9:00 wall, Side R

[25-32] ☐ Hook, Unwind ¾ R with R Sweep, Vine L, Rock L, Full turn Walk Around (R, L, R, L, R)

1-2	Hook L in front of R	1 , unwind 3 to face 6:00 wall while sweeping R (front to back	()

3&4& Cross R behind L, L to L side, Cross R over L, Rock L to L side

5-6-7 Make *nearly* a full turn right walking around in a tight circle stepping R, L, R

8& Complete the full turn stepping L, R (6:00)

Restarts: Walls 3 and 7.

Dance the first 14 counts, and remove the ¼ turn L in counts 15-16& and Restart the dance after stepping side (15), behind (16), side (&).

You will start wall 3 facing 12:00 and will Restart facing 12:00. You will start wall 7 facing 6:00 and will Restart facing 6:00.

Ending: The dance will end on the lyric "You" (count 13 of the dance) as you've completed the ¾ turn R arc to face the 12:00 wall, weight on the left foot.

Listen to the lyrics. This song offers a fantastic message to all!

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Last Update - 6th Dec 2014