

Humbles You Down

拍数: 48 墙数: 4 级数: High Intermediate waltz
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音乐: Life Has a Way - Anthony Hamilton : (iTunes)



Count in: 48 count intro

Notes: □ Restarts – comes in wall 4: after 36 counts (you will be facing 3.00 wall to restart), wall 9: after 42 counts (you will be facing 3.00 wall to restart.)

[1-6] □ L twinkle, R ¼ twinkle

1,2,3 Cross RF over L (1); step LF to L side (2); step RF to R side (3);
4,5,6 Cross LF over R (4); ¼ turn L stepping back on the RF (to face 9.00 wall) (5); step LF together next to RF (6);

[7-12] □ Forward step, full spiral turn, L forward press, recover, step.

1,2,3 Step forward on the RF (1); spiral full turn over L shoulder (finished with weight on RF and LF hooked in) (2,3);
4,5,6 Press forward on the LF with a slight lunge (4); recover weight back onto RF (5); step RF together with LF (6);

[13-18] □ Slow side sway x2

1,2,3 Step RF to R side whilst swaying to the R (1,2,3);
4,5,6 Sway weight over to L whilst taking the weight onto the LF (4,5,6)

[19-24] □ Cross lunge steps x2

1,2,3 Cross RF over L with a slight lunge (1); recover weight back onto the LF (2); step RF to R side (3);
4,5,6 Cross LF over R with a slight lunge (4); recover weight back onto the RF (5); step LF to L side (6);

[25-30] □ Twinkle 1/8th turn, twinkle back.

1,2,3 Cross RF over L (1); 1/8th turn stepping back on the LF (to face 11.30 wall) (2); step RF together next to L (3);
4,5,6 Step back on the LF (4); step the RF slightly back (5); step LF forward (6);

[31-36] □ Cross, unwind with a sweep, reversed twinkle.

1,2,3 Cross RF over L (1); unwind, almost a full turn (to return facing original 12.00 wall) whilst sweeping the LF round R (2,3);
4,5,6 Cross step the LF behind the R (4); step the RF to the R side (5); step LF to L side (6);

[37-42] □ Slow walks forward x2

1,2,3 Step forward on the RF whilst dragging the LF behind (1,2,3);
4,5,6 Step forward on the LF whilst dragging the RF behind (4,5,6);

[43-48] □ Forward rock recover, back twinkle with a ¼ turn.

1,2,3 Rock forward on the RF (1); recover weight back onto LF (2); step slightly back on the RF (3);
4,5,6 Step back on the LF (4); step back on the RF (5); turning ¼ turn to the L, step the LF to the L side (facing 9.00 wall) (6)