

Derek's Pledge

拍数: 32 墙数: 2 级数: Beginner
编舞者: Lisa McCammon (USA) - November 2015
音乐: Break Your Heart - Derek Ryan



#16 count intro - Start weight on L

Note from choreographer: for the easiest beginner steps, go by the headings. For more experienced students, offer some of the syncopated options written in italics.

[1-8] □ R ROCKING CHAIR, STEP FORWARD, TURN LEFT ¼, STEP FORWARD, TURN LEFT ¼

1-4 Rock forward R, recover weight L, rock back R, recover weight L

(option 1&2&3&4: syncopated rocking chairs, ending weight L)

5-8 Step forward R, turn left ¼ [9]; repeat, ending at [6], weight L

[9-16] □ HEEL, TOE, TRIPLE FORWARD, HEEL, CLAP, TOE, CLAP, STOMP, CLAP-CLAP

1-2 Touch R heel forward, touch R toes back

(option 1&2: syncopated heel switches R&L)

3&4 Step forward R, close L, step forward R

5& Touch L heel forward, clap

6& Touch L toes back, clap

7 Stomp slightly forward L

&8 Holding on L, clap twice

** RESTART – 3rd wall

[17-24] □ R FORWARD MAMBO, L BACK MAMBO, ROCKING CHAIR

1&2 Rock forward onto R, recover weight L, step R slightly back

3&4 Rock back onto L, recover weight R, step L slightly forward

5-8 Rock forward onto R, recover weight L, rock back R, recover weight L

(option: step forward R, turn left ½; repeat)

[25-32] □ ROCK FORWARD, RECOVER, TRIPLE BACK, BACK ROCK, RECOVER, STOMP, CLAP-CLAP

1-2 Rock forward onto R, recover weight L

3&4 Step back R, close L, step back R

(option: 1-2, 3&4: Step forward R, turn left ½, triple left RLR stepping side ¼, close, back ¼)

5-6 Rock back onto L, recover weight R

7 Stomp slightly forward L

&8 Holding on L, clap twice

(option: 5&6&7&8: back L, close R, triple fwd LRL, clap-clap)

**RESTART during 3rd repetition after 16 counts. You will be facing [6] for the restart.

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