

My Love

拍数: 57 墙数: 1 级数: Phrased Advanced NC
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音乐: My Love (Acoustic) - Jess Glynne



Pattern of dance. A, (16 counts B), 1st Tag, A, B, 2nd Tag, B, ending

A Pattern – 24 counts

A[1-9] □ Step with sweep, full turn into sweep, behind side forward with $\frac{1}{4}$, rock/recover, back X 2, sways, step

- 1-2&3 Step forward on left as you sweep right around in front of left, cross right over left, make a $\frac{1}{2}$ turn over left as you step together with left, make a $\frac{1}{2}$ turn as you step together with right as sweep left behind right.
- 4&5& step left behind right, make a $\frac{1}{4}$ turn to right stepping forward on right, rock forward on left, recover on right.
- 6& step back on left, step back on right.
- 7-8-1 make a $\frac{1}{4}$ turn to left stepping left to left as you sway to left, sway right, step left to left.

A[10-16] □ diagonal coaster, side rock/recover $\frac{1}{4}$, $\frac{1}{2}$ $\frac{1}{2}$, 1 $\frac{1}{2}$

- 2&3 make an $\frac{1}{8}$ of a turn to the right as you step back on right, step together with left, step forward on right.
- 4&5 rock left to left, recover on right, make a $\frac{1}{4}$ turn to right stepping forward on left.
- 6& make a $\frac{1}{2}$ turn over left stepping back on right, make a $\frac{1}{2}$ turn over left stepping forward on left
- 7-8 make a 1 $\frac{1}{2}$ turn on left foot to left, ending with weight on left and right into left (Note) you can also do just a $\frac{1}{2}$ turn for these counts (10:30 wall).

A[17-24] □ back X 3, side, side rock/recover, forward, full spiral, step with sweep X2, Cross back, back, touch

- 1&2 walk back right, left, right.
- 3&4 rock left out to left, recover on right, step forward on left.
- &5-6 step forward on right as you make a full spiral turn over left shoulder, step forward on left as you sweep right around, step forward on right as you sweep left around.
- 7&8& cross left over right, step back on right, step back on left, touch right next to left.

B Pattern - 33 counts

B[1-9] □ side, behind, together, $\frac{1}{4}$, forward, full spiral, press, hand lift, back x3, passé', press, foot slide, step

- 1-2&3 step right to right. Step left behind right, step right together with left, make a $\frac{1}{4}$ turn to the left stepping forward on left.
- a-4 step forward on right as you make a full spiral over left shoulder, step forward on left.
- 5-a rock forward on right as you lift left arm up slightly forward, lift arm higher forward.
- 6&7 step back on left, step back on right, step back on left.
- &8a hitch right knee up as you make a $\frac{1}{4}$ turn to right while bringing right foot into left knee while turning right leg in a clockwise motion making a circle (Passé), step down on ball of right to right, press down on right as you push left foot out to left side with bent right knee.
- 1 transition weight to left by pushing off right.

B[10-17] □ full turn, behind, rock/recover, forward, hand lift, rock/recover, back, $\frac{1}{2}$, $\frac{1}{4}$

- 2&3 cross right over left, make a $\frac{1}{2}$ turn to left stepping together with left, make a $\frac{1}{2}$ turn to left stepping down on right.
- &4&5 step left behind right, rock right to right as you bring left hand into the palm of right and push hands slightly to right side, recover on left bringing hands in from side, step forward on right as you drop hands.
- 6& raise left hand slightly forward, raise left hand higher.
- 7&8 rock forward on left, rockover on right, step back on left.

&1 make a ½ turn over right stepping forward on right, make a ¼ turn to right stepping left to left side.

***1st Tag**

[1-8] □ behind together side, behind together ¼, ½ chase turn, ½, ½

2&3 step right behind left, step together with left, step right to right side.

4&5 step left behind right, step together with right, make a ¼ turn to left stepping forward on left.

6&7 step forward on right, step down on left as you make ½ turn to left, step forward on right.

8& make a ½ turn to right stepping back on left, make a ½ turn to right stepping forward on right.

B[18-25] □ side, behind, together, side rock/recover, forward, rock/recover back, back, ½, ½, ½, ½, ¼

2&3 step right behind left, step together with left, rock right out to right.

a-4 recover on left, step forward on right as you raise left hand up forward.

5&6 rock forward on left, recover on right, step back on left.

7&8&1 make a ½ turn to right stepping forward on right, make a ½ turn right stepping back on left, make a ½ turn to right stepping forward on right, make a ½ turn to right stepping back on left, make a ¼ turn to right stepping right to right side.

B[26-33] □ coaster on diagonal, collapse, back X3, ¼, ½, 1/8,

2&3 step back on left on the 10:30 diagonal, step together with right, step forward on left.

a-4 drag right foot into left as you start to bend slightly and bring arms into chest. Continue to collapse just a little further.

5-6-7 rise back up as you walk back right, left, right.

8&1 make a ¼ turn to the left stepping forward on left, make a ½ turn to left stepping back on right, make an 1/8 of a turn to the left stepping left to left side.

****2nd Tag**

[1-9] □ Diagonal back X 2

2&3 step right behind left, cross left over right, step right to right

4&5 step left behind right, cross right over left, step left to left side

6&7 making an 1/8 of a turn to right step back, right, left, make a ¼ turn to right stepping forward on right

8&1 walk forward left, right, make an 1/8 of a turn to the right as you step left to left side 6 o'clock wall

[10-16] □ coaster, full turn, ½ chase, walks

2&3 step back on right, step together with left step forward on right

4&5 make a ½ turn to right stepping back on left, make a ½ turn to right stepping forward on right, step forward on left

6&7 step forward on right, make a ½ turn to left stepping down on left, step forward on right

8 walk forward on left

[17-18] □ walk walk

1-2 walk forward right, left

Ending sway to right on count 2
