Please Stay



拍数: 32 墙数: 2 级数: Intermediate

编舞者: Ria Vos (NL) - November 2017

音乐: Please Stay - Bryan Adams: (Album: Ultimate)



Intro: Dance starts almost right away, after the organ tune

Cross with Sweep, Weave R, Sweep, Behind, ¼ L, Spiral Full Turn L, Run-Run, Rock Fwd, Step Back, Full Turn R with Sweep

1-2&	Cross R Over L Sweep L from Back to Front, Cross L Over R, Step R to R Side
3-4&	Step L Behind R Sweep R from Front to Back, Step R Behind L, 1/4 L Step Fwd on L

5 Step Fwd on R and Spiral Full Turn L on R foot

6& 'Run' Fwd L-R

7&8 Rock Fwd on L, Recover on R, Step Back on L

&1 ½ Turn R Step Fwd on R, ½ Turn R Step Back on L Sweeping R from Front to Back

Behind Side, Cross, Tap, Step Back, Together, Weave R with Hitch 1/4 L, Cross Rock, Step 1/2 R Hitch

2&	Step R Behind L, Step L to L Side

3&4 Cross R Over L, Tap L Behind R Heel, Step Back on L
 &5& Step R Next to L, Cross L Over R, Step R to R Side

Step L Behind R, Step R to R Side, Cross L Over R and Hitch R into ¼ Turn L Cross Rock R Over L, Recover on L, Cross R Over L and Hitch L into ½ Turn R

Cross Rock, Step Sweep, Cross, Side, Rock Behind, Full Turn L into Basic R

4& Cross R Over L, Step L to L Side5& Rock Back on R, Recover on L

6&7 1/2 Turn L Step Back on R, 1/2 Turn L Step Fwd on L, 1/4 Turn L Step R to R Side

8& Step L Behind R, Cross R Over L

Side, Touch, Side, Touch, Basic L, ¼ R Step Fwd, ¾ R Point L, ¼ L Step Fwd Sweep ¼ L, Cross, Side

1&2& Step L to L Side, Touch R Next to L, Step R to R Side, Touch L Next to R

3-4& Step L to L Side, Step R Behind L, Cross L Over R
5-6
1/4 Turn R Step Fwd on R, 3/4 Turn R Point L to L Side

7-8& 1/4 Turn L Step Fwd on L Sweep R another 1/4 Turn L, Cross R Over L, Step L to L Side

Ending: Music ends at 6:00 continue on the words 'Please Stay' with:

1-2& R Cross with Sweep, Cross L Over R, ¼ L Step Back on R

(Note: Match your steps to the rhythm of the words)

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