Tread Lightly

拍数: 32

级数: Improver

编舞者: Phil Carpenter (UK) - July 2018

音乐: Andante, Andante - Lily James : (CD: Mama Mia. Here We Go Again - OST)

Music Available On iTunes.

INTRO: 32 COUNTS. START ON VOCALS, TAKE IT EASY.

SECTION 1: RIGHT CROSS ROCK, & LEFT CROSS ROCK, SYNCOPATED WEAVE TO LEFT.

- Right cross over Left, Recover weight on Left. 1 - 2
- & 3-4 Right step to Right side, Left cross over Right, Recover weight on Right.
- & 5 & 6 Left step to left side, Right cross over Left, Left step to left side, Right cross behind Left.
- & 7-8 Left step to Left side, Right cross over Left, Left step to Left side with sway to Left.

SECTION 2: SWAY RIGHT, LEFT BEHIND RIGHT, ¼ TURN RIGHT, LEFT STEP FORWARD, PIVOT ¼ TURN RIGHT, LEFT CROSS ROCK RECOVER, LEFT SCISSOR STEP.

- 1 2Sway to Right, Left step behind Right.
- & 3 4 Turn 1/4 Right stepping Right forward (3.00), Left step forward,
- Pivot ¼ turn Right, (6.00). (W.O.R).
- 5 6Left cross over Right, Recover weight on Right.
- 7& 8 Left step to Left side, Right step beside Left, Left cross over Right.

SECTION 3: RIGHT ROCK FORWARD, RECOVER, ¾ TRIPLE TURN RIGHT, LEFT ROCK FORWARD, & **RIGHT ROCK FORWARD.**

- 1 2 Right rock forward, Recover weight on Left
- 3&4 ³⁄₄ Triple turn Right, slowly stepping Right, Left, Right. (3.00)
- Restart dance at this point during wall 4, You'll be at 12.00 for the restart.
- 5 6 Left rock forward, Recover weight on Right.
- & 7 8 Left step back beside Right, Right rock forward, Recover weight on Left.

SECTION 4: RIGHT LOCK STEP BACK, LEFT BACK ROCK RECOVER, SLOW FULL TURN RIGHT, LEFT SHUFFLE FORWARD.

- 1&2 Right step back, Left cross in front of Right, Right step back.
- 3 4Left step back, Recover weight on Right.
- 5 Turn ¹/₂ turn Right slowly, stepping back on Left, (9.00),
- 6 Turn ¹/₂ turn Right slowly, stepping forward on Right. (3.00)
- 7 & 8 Left step forward, Right step beside Left, Left step forward.

REPEAT DANCE FACING NEW WALL ENJOY AND HAVE FUN

Choreographers notes:

Please be aware, that the dance is slower than the music implies on first impression.

Restart required during wall 4.

Dance steps 1 - 20, Transfer your weight onto Left foot and restart the dance.

Wall 7: Section 2, music slows and fades for 8 counts from step 9, keep dancing at the Normal tempo, the music kicks back in for the rest of the dance.

Phil's Big Finish: Wall 8 (You'll be facing 9.00) Dance steps 1 - 20 Then, take a final big step forward on Left with arms out to sides. Ta da!!





墙数:4