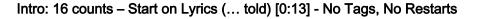
Have I Told You Lately (2022)

级数: Improver NC2

编舞者: Des Ho (SG) - November 2022

音乐: Have I Told You Lately (Studio Version Remix) - Rod Stewart



墙数:2

Sect 1: R LUNGE, TOGETHER, BACK TOUCH, 1/2 L, 1/2 L, BACK, RUN RUN RUN, SWAY SWAY

- 1, 2&3 Lunge R fwd (1), Recover on L (2), Step L together (&), Touch L toes back (3)
- 4&5 1/2 L placing weight on L (4) [6:00], Step 1/2 L back on R (&) [12:00], Rock back on L (5) [12:00]
- 6&7 Recover weight on R (6), Run fwd on L (&), Run fwd on R (7)
- 8& Sway hips to L (8), Sway hips to R (&) (rock/swaying motion) [12:00]

Sect 2: BASIC NC, SIDE, 1/4 DIAMOND, CROSS ROCK, 1/4 TURN R, 3/4 SPIRAL TURN [9:00]

- 1, 2& Big step L to L side (1), Step ball of R behind L heel (2), Step L across front of R (&).
- 3, 4& Big step R to R side (3), Step diagonal back on L (4), Step diagonal back on R (&) [10:30]
- 5, 6& Step L to L side (5) [square off 9:00], Cross Rock R over L (6), Recover weight on L (&) [9:00]
- 7, 8 1/4 R Step R fwd (7) [12:00], Step L fwd & Spin 3/4 R weight on L (8) [9:00]

Secti 3: SIDE, BEHIND SIDE CROSS, RECOVER, 1/4 L FWD, 1/4 L SIDE, BEHIND SIDE CROSS, SWEEP, WEAVE [9:00]

- 1, 2& Big Step R to R side (1), Cross L behind R (2), Step R to R side (&) [9:00],
- 3, 4& Cross L over R (3), Recover weight on R (4), 1/4 L Step L fwd (&) [6:00]
- 5, 6& 1/4 L Step R to R side (5) [3:00], Step L behind R (6), Step R to R side (&) [3:00]
- 7,8& Cross L over R & Sweep R from back to front (7), Cross R over L (8), Step L to L side (&) [3.00]

Sect 4: SWEEP, BEHIND, 1/4 R FWD, FWD, PIVOT 1/2 L, 1/4 L, BEHIND SIDE CROSS, RECOVER, 1/4 L [6:00]

- 1, 2& Step R behind L & Sweep L from front to back (1), Step L behind R (2), 1/4 R Step R fwd (&) [6:00]
- 3, 4& Step L fwd (3), Step R fwd (4), Pivot 1/2 L weight on L (&) [12:00]
- 5, 6& 1/4 L Step R to R side (5) [9:00], Step L behind R (6), Step R to R side (&) [9:00]
- 7, 8& Cross L over R (7), Recover weight on R (8), 1/4 L Step L fwd (6:00]

Repeat

Ending: Dance the first 5 counts on wall 9 facing 12:00 and end the dance with a Pose

Des Ho: beaverct@gmail.com Last Update: 18 Nov 2022





拍数: 32