Thrive



拍数: 32

级数: Easy Beginner

编舞者: Georgie Mygrant (USA) - February 2024

墙数:4

音乐: Thrive - Casting Crowns

Intro: 16 counts (3 small 4 count tags at end of walls 5, 12, 14.) (1 tag at end of wall 10 for 16 counts)

Modified Lock Step with Basic R/L

- 1-4 Step R fwd. diagonally, Step L fwd. Step R fwd. diagonally, touch L to R
- 5-8 Step L to L side, touch R to L, Step R to center, touch L to R
- 1-4 Step L fwd. diagonally, step R to L, Step L fwd. diagonally, Touch R to L
- 5-8 Step R to R side, touch L to R, Step L to center, touch R to L

Pivot ¼, ¼ L, Jazz Box ¼ to R

1-4 Step R fwd. turning ¼ L on L, Step R fwd. turning ¼ L on L

5-8 Step R over L, Step back on L turning ¼ R, Step on R, Step on L

Step Kick R, Step Kick L

- 1-4 Step R fwd. Kick L, Step back on L, Step on R
- 5-8 Step L fwd. Kick R, Step back on R, Step on L

Tags at end of walls 5,9,12, and 14 for 4 counts each. 1st tag will be facing 12:00, 2nd on wall 9:00, 3rd on wall 3:00, 4th on wall 9:00. Hope you can make this out. But you will hear the tag

Just do 1 Basic each time. Step R, Touch L to R, Step L, Touch L to R

1 Tag at end of wall 10 for 16 counts (rocking chair 2x's and step rock, R/L)

- 1-8 Rock R fwd. Rock back on L, Rock back on R. Repeat
- 1-8 Rock R to R side, Step on L, Step on R and hold. Rock L to L side, Step on R, Step on L and hold

This tag will be on wall 9:00.

That's it! I hope you like it. The routine will go with any 32 count song with no tags too. So change it around once you learn the steps. Let me know if you like it. All I ask is that you do not alter routine without my permission. thank you, Georgie mygeo@adamswells.com or mygrantg@gmail.com

