Made for This



编舞者: Michelle Wright (USA) - March 2024 音乐: Made for This - The Phantoms



Restart on wall 3 after 18 counts facing 12:00, Tag end of wall 6 facing 6:00

Dance starts 32 counts in counting the slow heavy beat

Section 1: Step, Lock w/ knee pop, Step, Step, ½ pivot, Cross, ½,½, Cross rock, Side rock

1,2,3 Step R forward, lock L behind R angling body L and popping R knee, Step R forward

4&5 Step L forward, 1/4 pivot R, Cross L over R (3:00)

6& ¼ turn L stepping back R, ¼ turn L stepping L to L side (9:00)

7& Cross Rock R over L, Recover on L8& Rock R to R side, Recover on L

Section 2: Sailor w/side drag, back w/sweep, Behind, Side, Step, Lock, Ball, Forward, ½ pivot

1&2 Cross R behind L, Step L to L side, Large step R as you Drag L into R and slightly back
 3,4& Step L behind R and sweep R from front to back, Cross R behind L, Step L to L side

5,6 Step R forward, Bring L in and behind R,

&7 Step R forward, Step L forward

8& Step R forward, ½ pivot L putting weight on L (3:00)

Section 3: ½ rock with arms, Full turn triple w/ sweep, Dragging cross w/ knee pop, Dragging side w/ knee pop, Behind w/ hitch around, Behind, Side

1,2 ½ turn L rocking R to R side and twist your body L and lift L toe up, Recover on L (12:00)

Styling : Walls 2,5,7 & 8 do muscle arms as you twist, other walls push R palm across body to L Restart here on wall 3

3&4 ½ turn R stepping R forward, Step L next to R, ½ turn R stepping R next to L and

sweeping L from back to R (12:00)

5,6 Cross L over R and pop R knee, Step R to R side and pop L kneeCross L behind R and hitch R knee around from front to back

Counts 5-7 should be completed with a slight dragging motion as you step

8& Cross R behind L, Step L to L side (12:00)

Section 4: Cross, Full unwind, Side rock, Recover, Forward, Chase ½ turn, Full turn x 2

1,2 Cross R over L, full unwind L weight on L (12:00)
3&4 Rock R to R side, Recover on L, Step R forward
5&6 Step L forward, ½ pivot R, step L forward (6:00)

7&8& ½ turn L stepping back R, ½ turn L stepping L forward, ½ turn L stepping R back, ½ turn L

stepping L forward (6:00) (Non turning option for 7&8&: Boogie run forward R,L,R,L)

Tag: R side rock with /stop hand, Recover w/ Me hand, Step R next to L, L Side rock, Recover, Step L next to R

1,2& Rock R to R side and Bring R hand up palm facing front to show stop, Bring R hand to chest

for me putting weight on L, Step R next to L

3,4& Rock L to L side, Recover on R, Step L next to R

Ending: Wall 9 facing at 6:00. Dance 14 counts then make a ¼ turn L stepping R to R side and cross arms across chest to end facing 12:00

End of dance!

Any questions email: Michellelinedance@gmail.com

