Light of Grace

拍数: 32

级数: Low Intermediate

编舞者: Dawn Searer (USA) - August 2024

音乐: Tell Your Heart to Beat Again - Danny Gokey

Intro: 16 counts (start on "shattered")

TAG (8& cts.): End of Wall 2; RESTART: Wall 6 (after dancing 4& cts.)

S1: R SERPIENTE**; R CROSS ROCK, RECOVER, SIDE; L CROSS ROCK, RECOVER, SIDE, CROSS **[RESTART after cts. 4&]

- 1 2& 3 R fwd/L sweep (bk to front) (1), L cross over (2), R side (&), L back/R sweep (front to bk) (3)
- 4& 5 6& R behind (4), L side (&) **[RESTART]; R cross rock (5), L recover (6), R side (&),

7&8& L cross rock (7), R recover (&), L side (8), R cross over (&) (12:00)

S2: L NIGHTCLUB; R SIDE, BEHIND, SIDE, CROSS; R NIGHTCLUB; L 3/4 PENCIL TURN/R HITCH (right); R STEP, L BALL

 1 2& 3&4&
 L Side (1), R close (2), L cross over (&), R side (3), L behind (&), R side (4), L cross over (&)

 5 6&7 8&
 R side (5), L close (6), R cross over (&), L side 3/4 pencil/R hitch (right) (7), R fwd (8), L ball (&) (9:00)

S3: R STEP FWD/L SWEEP; L CROSS, SIDE, BACK/R SWEEP; R SAILOR 1/2 TURN/L SWEEP; L STEP LOCK STEP; R TOUCH BACK (BENDING KNEES), POINT, TOUCH

1 2&3R fwd/L sweep (bk to front) (1); L cross over (2), R side (&), L back/R sweep (front to bk) (3)4&5 6&7R 1/2 behind (4), L side (&), R fwd/L sweep (bk to front) (5); L fwd (6), R lock (&), L fwd (7)&8&Bend knees R touch back (&) R point (side) (8), R touch beside (&) (3:00)

S4: R NIGHTCLUB; L NIGHTCLUB; R MODIFIED NIGHTCLUB, BEHIND 1/4 TURN (right); L FULL PENCIL TURN/R HITCH (right), R STEP, L BALL

1 2& 3 4& R side (1), L close (2), R cross (&); L side (3), R close (4), L cross (&)

- 5 6& 7 R side (5), L close/behind (6) 1/4 R fwd (right) (&), L fwd full pencil turn/R hitch (right) (7)
- 8& R fwd (8), L ball (&) (6:00)*TAG

*TAG (8& cts.): End of Wall 2 (starts @ 6:00) - TAG @ 12:00 (8& cts.)

- 1 2 R fwd/L sweep (bk to front) (1), L fwd/R sweep (bk to front) (2)
- 3 4& R fwd/L sweep (bk to front) (3), L fwd press (4), R recover (&)
- 5 6 L back/R sweep (front to bk) (5), R back/L sweep (front to bk) (6)
- 7 8& L back/R sweep (front to bk) (7), R back (8), L together (&) (8& is start of coaster step, which is completed by stepping fwd on ct. 1 of serpiente to start Wall 3)

**RESTART: Wall 6 (starts @ 6:00) - Restart after dancing cts. 4& (R Serpiente) @ 6:00; dancing 2 serpientes in a row

Ending: Wall 8 (starts @ 12:00) dance 30& cts.; do L fwd, slow 1/2 pivot (right), bending knees and crossing hands over heart with slight bow to head

For Sharla (& all who've survived life's difficulties) - there is joy as we step into the Light of Grace!! Contact Dawn: liveitupanddance@gmail.com [R/L denotes foot]





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墙数:2