

# On The Mend

拍数: 64      墙数: 2      级数: Beginner  
编舞者: Judy McDonald (CAN)  
音乐: Heartache Bar - Violet Ray



## STEP HOLD, STEP HOLD, STEP HOLD, STEP HOLD

- 1-2      Step right forward, hold
- 3-4      Step left forward, hold
- 5-6      Step right forward, hold
- 7-8      Step left forward, hold

You can either click your fingers or clap your hands on the hold counts

## 8 STEP VINE RIGHT

- 9-10      Step the right foot out to the right side, cross the left foot behind
- 11-12      Step the right foot out to the right side, cross the left foot in front
- 13-14      Step the right foot out to the right side, cross the left foot behind
- 15-16      Step the right foot out to the right side, touch the left toe next to right

## STEP HOLD, STEP HOLD, STEP HOLD, STEP HOLD

- 17-18      Step left forward, hold
- 19-20      Step right forward, hold
- 21-22      Step left forward, hold
- 23-24      Step right forward, hold

You can either click your fingers or clap your hands on the hold counts

## 8 STEP VINE LEFT

- 25-26      Step the left foot out to the left side, cross the right foot behind
- 27-28      Step the left foot out to the left side, cross the right foot in front
- 29-30      Step the left foot out to the left side, cross the right foot behind
- 31-32      Step the left foot out to the left side, touch the right toe next to the left

## ROCK STEPS FORWARD AND BACK, HIP BUMPS, TOUCH LEFT, HOLD

- 33-34      Rock forward on to the right foot, rock step in place on the left foot
- 35-36      Rock back on to the right foot, rock step in place on the left foot
- 37-38      Step diagonally forward on to the right foot, bump hips to the right, twice
- 39-40      Touch the left toe beside the right, hold

You can either click your fingers or clap your hands on the hold count

## ROCK STEPS FORWARD AND BACK, HIP BUMPS, TOUCH RIGHT HOLD

- 41-42      Rock forward on to the left foot, rock step in place on the right foot
- 42-44      Rock back on to the left foot, rock step in place on the right foot
- 45-46      Step diagonally forward on to the left foot, bump hips to the left, twice
- 47-48      Touch the right toe beside the left and hold

You can either click your fingers or clap on the hold count

## FOUR JAZZ BOXES WITH BRUSH TO COMPLETE A ½ TURN TO THE RIGHT

- 49-52      Cross the right foot over the left, step back on the left foot, step the right foot out to the right side, brush the left foot forward
- 53-56      Cross the left foot over the right, step back on to the right, step the left foot out to the left side, brush the right foot forward
- 57-60      Repeat counts 49-52
- 61-64      Repeat counts 53-56, make a ½ turn to the right while doing these four jazz boxes

REPEAT

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