

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
