I Hope You Dance

拍数: 32

级数: Intermediate/Advanced

编舞者: Dave Morgan (UK)

音乐: I Hope You Dance - Lee Ann Womack

墙数:4

STEP, BEHIND, STEP, STEP, BEHIND, STEP, ROCK FORWARD & BACK & FORWARD & ½ TURN RIGHT

- 1-2& Step right forward 45 degrees right, step left behind right, quickly step right beside left
- 3-4& Step left forward 45 degrees left, step right behind left, quickly step left beside right
- 5&6& Rock forward on right, recover weight on left, rock back on right, recover weight on left
- 7&8 Rock forward on right, rock back on left while making ½ turn right, step right forward

ROCK FORWARD, BACK, 1 ½ TURN BACK, STEP RIGHT ½ PIVOT, LUNGE & TORQUE,

- 9-10 Rock forward on left, recover weight on right, preparing to turn left
- 11&12 Make ½ turn left stepping on left, make ½ turn left stepping back on right, make ½ turn left stepping forward on left

You will have completed 1 1/2 turn traveling backwards

- 13-14 Step right forward pivot ½ turn left
- 15&16 Lunge forward on ball of right, recover weight on left, step right foot back into 3rd position, while pointing left toe forward with heel raised

STEP FORWARD, RONDE ¾ TURN LEFT, SWEEP RIGHT BEHIND LEFT TURNING 306 DEGREES RIGHT, SWAY LEFT, RIGHT, LEFT & POINT

- &17-18 Step left forward, on ball of left make ³/₄ turn left, sweeping right foot out and around
- 19-20 Flick right foot out to right side, take right behind left turning full turn right
- 21-22-23 Sway hips left, right, left
- &24 Step right behind left, pointing left out to left side,

CROSS BACK, BACK, ROCK RIGHT, ¼ LEFT, 1 ½ TURN FORWARD, ROCK BACK AND TOGETHER

- 25&26 Cross left in front of right making ¼ turn left, step back right, step back left
- 27-28 Rock right to right side, recover weight onto left making ¼ turn left
- 29&30 Step right forward making ½ turn left, make ½ turn left stepping left forward, make ½ turn left stepping back right
- 31&32 Rock back on left, recover weight on right, step left beside right

REPEAT

TAG

At the end of the second wall, only when dancing to "I Hope You Dance"

- 1-2 Step right to right side, Step left behind right
- &3&4 Step right to right side, Cross left in front of right, Step right to right side, pivoting on ball of right ½ turn left, Step left beside right
- 5&6 Cross right over left, recover weight on to left, step right beside left
- 7&8 Cross left over right, recover weight on to right, step left beside right
- 9-16 Repeat steps 1-8



