

The Dance (updt Oct '07)

拍数: 32 墙数: 4 级数: Intermediate
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音乐: The Dance - Westlife



Section 1 – Side, rock, Step turn cross, Back side cross, Rock recover cross

1-2& Step left to left side, Rock right behind, Recover onto left
3&4 Step right forward, Make $\frac{1}{4}$ turn left stepping left to side, Cross right over left
5&6 Step back onto left making a $\frac{1}{4}$ turn right, Step right to right side, Cross left over right
7&8 Rock right to right side, Recover onto left, Cross right over left

Section 2 – Turn back, Coaster step, Step turn, turn, Cross rock, Side rock

&1,2 $\frac{1}{4}$ turn right, stepping back onto left, Step back onto right, Step back onto left
3&4 Step back onto right, Bring left in place, Step forward onto right
5,6& Step forward onto left, Make a $\frac{1}{4}$ turn stepping back onto right, Make a $\frac{1}{4}$ turn stepping left to left side
7&8& Rock right across left, Recover back onto left, Rock right to right side, Recover onto left

Section 3 – Cross turn, 1 and $\frac{1}{2}$ turns Step $\frac{1}{2}$ turn

1,2& Cross right over left, Make a $\frac{1}{4}$ turn right stepping back onto left, Step forward onto right
3,4& Step forward onto left, Make a $\frac{1}{2}$ turn stepping back onto right, Make a $\frac{1}{2}$ turn stepping forward onto left
5&6 Step forward right $\frac{1}{2}$ turn, Stepping onto left, Step forward right
7,8 Step forward onto left make a $\frac{1}{2}$ turn right

Section 4 – Step cross and turn, Step $\frac{1}{2}$ turn step, Step $\frac{1}{4}$ turn Rock recover

1,2 Step forward left, cross right over left
&3,4 Make $\frac{1}{4}$ turn right stepping back onto left, step right to right side, Step forward left
5&6 Step right $\frac{1}{2}$ turn left, step forward onto right
7&8& Step forward left $\frac{1}{4}$ turn right, Rock left over right, Recover back onto right

START AGAIN AND ENJOY!

Tag:

After 2nd wall:

1-2 Step left $\frac{1}{4}$ turn left, Step back onto right making $\frac{1}{2}$ turn
3&4 Step back onto left, Bring right in place, step forward onto left
5&6 Step forward right, $\frac{1}{2}$ turn stepping forward onto left, step forward onto right
7&8& Step forward left $\frac{1}{4}$ turn right, Rock left over right, Recover back onto right

Music slows down towards end of song, keep going! Finish the dance off!