Dear Life



编舞者: Guyton Mundy (USA) - February 2009

音乐: Dear Life - Anthony Hamilton: (CD: Step Up)



The dance starts on the vocals - 32 counts in - on the word "Morn"

This timing on this would be slow, quick, quick, slow.

(1_Q) Side	Rack Rack	Full Turn	Back I	Rack Rack	Rock Recover	Walk C	Cross, 1/4 Back
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1-2&3 Step L to L; walk back R, L; 1/2 turn R stepping forward on R while slightly hitching up L

completing full turn ending on the 12:00 wall

4&5 Walk back L,R,L

6-7 Rock back on R, recover L

Step forward R; cross L over R; 1/4 turn L stepping back on R

(10-17) Half, Half, Full Spiral, Back, Back, Half, Sweep

2-3 1/2 turn L stepping forward on L, 1/2 turn L stepping back on R

&4& 1/2 turn L stepping forward on L, cross R over L, full spiral L (keeping weight on L)

5-1 Step back R, L; 1/2 turn R stepping forward on R; sweep little less than 1/2 over R shoulder

ending on 1:30 wall with weight on L foot extending arms forward

(18-25) Hold, Half Turn Weave, Behind Forward With 1/4, Sweep, Cross, Back, Back With Sweep

2-3 With weight still on L foot draw arms into body

4&5 Step back on R, making little more than 1/4 step forward on L ending on 9:00 wall; 1/4 turn L

stepping R to R side

Step L behind R, 1/4 turn to R stepping forward on R, sweep L around in front of right

8&1 Cross L over R, step back R, step back on L as you sweep R around coming behind L

(26-32) Sweep Back, Sweep Back, Sailor 1/4, 1/4 Back 1/4, 1/4, Side Touch

2-3 Step back R as you sweep L around coming behind R; step back on L as you sweep R

around coming behind L

Step R behind L, 1/4 turn L stepping forward on L; step R to R

6&7 1/4 turn L stepping back on L, back on R, 1/4 turn L stepping L to L

8& 1/4 turn L stepping R to R, touch L next to R