

Faith & Desire

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Johanna Barnes (USA) - March 2010
音乐: Come On Get Higher - Matt Nathanson



[1~8&]: STEP, CROSS, ROCK & CROSS, R & L OUT, HIP ROLLS, END AT DIAGONAL

1, 2 L small step forward (1); R small sweep forward and step across L (2)
3 & 4 L step back (3); R step slight right (&); L step across R (4)
5, 6 R small step out to right side (5); L small step out to left side (6)
7&8& counter-clockwise hip movement (to R) (7); continue hip roll side and forward (to L) (&); finish circular hip movement to weight R (8); L step slightly forward, angle to face 10:00 (&)*

*alternatively, dancing with the music/verses: hold on count 7 and sway, rock, or hip rolls R-L on "& 8," finishing with weight on L, on the diagonal, to face 10:00 (11:00 and 5:00 are also acceptable direction!)

[9~16]: PREP-HITCH, ½ R, L PUSH-RECOVER-BACK, TOUCH, ½ PIVOT R, BACK TRIPLE RUN

1, 2 R step forward (1); L hitch foot, low, to inside of R with ½ turn right, (face 4:00) (2)
3, 4 L push step forward (3); recover weight back to R (4);
&5, 6 L step back (&); R touch back (5); ½ pivot turn right, leave weight L (face 10:00) (6)
7&8 R step back (7); L step back (&); R step back (8)

* Restart occurs on walls 2 & 5 at count 17. On Wall 2 you will restart facing 12:00. On Wall 5, you will restart facing 3:00. (Dance the 1st 16 counts of the pattern and proceed as if you were going to the 3rd set of 8, which turns '¼' left, but start from the beginning (count 1) of the full pattern, by stepping forward then across)

[17~24]: SIDE STEP-BEVEL, QUICK-PIVOT-WEAVE, LOCKING TRIPLE FORWARD, HIP-FIGURE 8-R MAMBO

1, 2 L step to left side, square to 9:00, then continue to rotate on L toward 7:00 (1); R touch next to L, draw in, knees bent (2)
3&4 push off L as R steps slightly back (3); L cross behind R, rotating toward 10:00 (&); R step 1/8 right to face 10:00 (4)
5&6 L step forward (5); R step slightly behind L (&); L step forward (6)
7&8 R push rock forward, rotate R hip clockwise (7); L recover weight back, rotate to L hip (&); R step back, finish hip movement, weight R (8)

[25~32]: BACK-STEP HIP ROLLS x2, FULL SPIRAL TURN R, ½ TRIPLE RUN-AROUND

1&2& L touch back, no weight (facing 10:00) (1); roll hips, under and then back (&); fully weight back on L (2); R step next to L (&)
3&4& L touch back, no weight (facing 10:00) (3); roll hips, under and then back (&); fully weight back on L (4); R step next to L (&)
5 L step forward, square to 9:00, while leaving R in place (create torque, R arm fwd, L back) (5)
6 full spiral turn right, end with R across L, weight still on L (6)
7&8 release weight, step R ¼ish turn right (7); L step ¼ish turn right across R (&); R step forward to 3:00 (8) *these 3 steps should occur on a right arc

(BEGIN AGAIN, and most certainly DWYF!)

Note: 32-count full walls begin again ¼ wall to the right from the previous start wall. Restart walls are ¼ left from whichever wall you begin the pattern on (3:00 becomes a restart to 12:00 and 6:00 becomes a restart to 3:00).

V2020 (11th Anniversary)

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This step description is intended to be a guideline. Dance demos and visual references may be found on the DanceWhatYouFeel YouTube channel. <http://www.youtube.com/user/DanceWhatYouFeel>

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