

Each Tear

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Shaz Walton (UK) - April 2010
音乐: Each Tear (feat. Jay Sean) - Mary J. Blige



Start on Vocals – 32 Counts

Forward Rock. Recover. Step. ½. Rock recover. Step. Forward rock. Recover. Touch. ¼

- 1-2& Rock forward on right. Recover on left. Make ½ turn right stepping right forward.
- 3-4& Rock forward on left. Recover on right. Step left beside right.
- 5-6& Rock forward on right. Recover on left. Step right beside left.
- 7-8 Touch left to left side. Make a smooth ¼ turn left keeping weight back on right.

Together. Forward. ¼. Shuffle forward. Rock. Recover. 1½ triple left.

- &1-2 Step left beside right. Step right forward. Make ¼ left stepping left forward.
- 3&4 Step forward right. Step left beside right. Step forward right.
- 5-6 Rock forward on left. Recover on right.
- 7&8 Make ½ turn left stepping left forward. Make ½ turn left stepping right beside left. Make ½ turn left stepping left forward.

(Replace the 1 ½ triple with a shuffle ½ left if you prefer)

Step. Lock. Unwind ¾. Together. Side. Touch. Side. Rock. Recover. ¼ . ¼ side.

- &1-2 Step right forward. Lock left behind right. Unwind ¾ turn left (weight remains right)
- &3-4 Step left beside right. Take a big step to right with right. (use left foot to push yourself sideways) touch left beside right.
- 5-6& Step left to left side. Rock right behind left. Recover on left.
- 7-8 Make ¼ right stepping right forward. Make ¼ right stepping left to left side.

Sailor step. Sailor step. ¼. Rock. Recover. Shuffle ¾ right.

- 1&2 Cross right behind left. Step left to left. Step right to right.
- &3-4 Cross left behind right. Step right to right. Make ¼ left stepping left forward.
- 5-6 Rock forward on right. Recover on left.
- 7&8 Make ¾ shuffle turn right stepping R-L-R (keep it smooth, use your upper body to push you round)

See note below for restart information

Together. Press/raise. Hold. Back. Rock back. Recover. ¼ side. Rock. Recover. ¼. ¼. forward.

- &1-2 Step left beside right. Step right forward as you raise up on ball of right foot & extend left leg behind. **Restart here wall 2- see note below) Hold
- &3-4 Step left back. Rock back on right. Recover on left
- 5-6& Step right to right making ¼ left. Rock left behind right. Recover on right.
- 7-8& Make ¼ right stepping back left. Make ¼ right stepping right to right side. Step left forward.

Forward. Rock. Recover. Shuffle back. Rock. Recover. Shuffle ½

- 1-2-3 Step forward right. Rock forward left. Recover on right.
- 4&5 Step back left. Step right beside left. Step back left.
- 6-7 Rock back on right. Recover on left.
- 8&1 Make a shuffle half turn left stepping R-L-R

½. Step. Mambo forward. Rock back. Recover. 1/4 side. Behind. Big side.

- 2-3 Raise left leg as you make ½ turn left. Step left forward.
- 4&5 rock forward on right. Recover on left. Step back right.
- 6-7 Rock back left. Recover on right.

8&1 make ¼ right as you step left to left. Cross right behind left. Step left a large step to left.

Touch. ¼. Shuffle ½. Walk back x2. Shuffle ½ .(rock)

2-3 Touch right beside left. (collapse body in as you do this) make ¼ right stepping right forward.

4&5 Shuffle ½ right stepping L-R-L

6-7 Walk back right. Walk back left.

8&(1) Shuffle ½ right stepping R-L-Rock forward right (Count (1) will be the first count of the next wall)

Restart – Wall 2 - Section 4. Replace counts 7&8& with the following

7&8 Make ½ shuffle turn right stepping R-L-R (keep it smooth, use your upper body to push you round)

& Step left beside right. Restart the dance facing the front wall.

Shaz5678@sky.com – 07762 410 190
