Say Grace



编舞者: Malene Jakobsen (DK) - April 2011

音乐: Coming Home - Sugarland: (Album: Gold and Green)



Note: This dance is dedicated to Jane, Charlotte, Merete, Kurt & Conni for their everlasting support and help Intro: 3 counts, 9 sec. into track - dance begins with weight on L

[1-6] Step, 1/2 sweep, L twinkle

1-2-3 (1) Step fwd. on R, (2-3) On ball of R make 1/2 turn R sweeping L 6.00

4-5-6 (4) Cross L over R, (5) step R diagonally fwd. R, (6) step L diagonally fwd. L 6.00

[7-12] Cross, 1/4, 1/2, L basic fwd.

1-2-3 (1) Cross R over L, (2) turn 1/4 R stepping back on L, (3) turn 1/2 R stepping fwd. on R 3.00

4-5-6 (4) Step fwd. on L, (5) step R next to L, (6) change weight to L 3.00

[13-18] Back, slow 1/2 Monterey, hold

1-2-3 (1) Step back on R, (2) point L to L, (3) hold 3.00

4-5-6 (4) On ball of R make 1/2 turn L stepping L next to R, (5) point R to R, (6) hold 9.00

[19-24] 1/4, 1/4, 1/4, cross, side rock

1-2-3 (1) Turn 1/4 R stepping fwd. on R, (2) turn 1/4 R stepping back on L, (3) turn 1/4 R stepping

R to R 6.00

4-5-6 (4) Cross L over R, (5) rock R to R, (6) recover onto L 6.00

NOTE: Your restarts are here on walls 3 and 6, you'll be facing 12.00

[25-30] R basic fwd., back, back, 1/4

1-2-3 (1) Step fwd. on R, (5) step L next to R, (6) change weight to R 6.00

4-5-6 (4) Step back on L, (5) step back on R, (6) turn 1/4 L stepping L to L 3.00

[31-36] R twinkle, twinkle 1/2

1-2-3 (1) Cross R over L, (2) step L diagonally fwd. L, (3) step R diagonally fwd. R 3.00

4-5-6 (4) Cross L over R, (5) turn 1/4 L stepping back on R, (6) turn 1/4 L stepping L to L 9.00

[37-42] Cross, side rock, L basic fwd.

1-2-3 (1) Cross R over L, (2) rock L to L, (3) recover onto R 9.00

4-5-6 (4) Step fwd. on L, (5) R next to L, (6) change weight to L 9.00

[43-48] Basic 1/2, fwd. rock, step together

1-2-3 (1) Step back on R, (2) turn 1/2 L stepping fwd. on L, (3) step R next to L 3.00

4-5-6 (4) Rock fwd. on L, (5) recover onto R, (6) step L next to R 3.00

Restart: There are 2 restarts - on walls 3 and 6, both after 24 counts, you'll be facing 12.00

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