

编舞者: Irene Leung - July 2011

音乐: Dream - K.Will: (CD: Words Will Heal the Wound, Vol. 1)



Start dancing on lyrics

CROSS ROCK BACK, HOLD, RECOVER, HOLD, STEP 1/4 TURN FLICK, STEP 1/4 TURN, TOUCH, HOLD

1-2 (S) Cross/rock right behind left (look to right), hold (bend body back and look to the left)

3-4 (S) Recover to left, hold

Straighten body and face forward

5&6 (Q&Q) Step right forward, turn ¼ right and flick left back, step left forward

7-8 (S) Turn ¼ left and touch right together, hold

SIDE, HOLD, CROSS AND BEND KNEE, HOLD, SWIPE

Turn to Promenade Position Right (PPR). That is, turn lower body to face diagonally right, while keeping upper body facing forward)

1-4 (SS) Step right to side, hold, cross left over right (bend knee), hold

5-8 (SS&) Sweep right from back to front over 3 counts, touch right together (straighten left knee)

SIDE, TOUCH, SIDE, TOUCH, SIDE, CROSS 1/4 TURN, SIDE, TOUCH

1-4 (S&S&) Step right to side, touch left together (look to the left), step left to side, touch right

together (look to the right)

5-8 (QQS&) Step right to side, turn ¼ left and cross left over right, step right to side, touch left

together (9:00)

DIAGONALLY WALK, WALK, HITCH 1/4 TURN, BACK, BACK, BACK, HITCH 1/4 TURN

1-4 (QQQQ) Turn 1/8 left and step left forward (7:30), step right forward, step left forward, turn

1/8 left and hitch right knee (slightly bend body forward) (6:00)

5-8 (QQS&) Turn 1/8 left and step right back (4:30), step left back, step right back, turn 1/8 left

and hitch left knee (3:00)

STEP, STEP ½ TURN, TOGETHER, HOLD, LUNGE, HOLD, RECOVER, HOLD

1-4 (QQS) Step left forward, turn ½ left and step right forward, step left together, hold (9:00)

5-8 (SS) Rock right diagonally forward (bend right knee and turning slightly left), hold, recover to

left (straighten to 9:00), hold

BACK, SIDE, TOUCH IN, SIDE, CROSS, 1/4 TURN, DIAGONALLY SHUFFLE 1/4 TURN

Turn to Promenade Position Right (PPR). The rest of the dance is all counted as Q steps.

1-4 Step right back, step left to side, touch right together, step right to side

5-6 Cross left over right, turn ¼ right and step right to side (12:00)

7&8 Chassé back turning ¼ right stepping left, right, left

The back chassé moves diagonally

ROCK BACK, RECOVER, TOUCH OUT, STEP, CROSS, TOUCH OUT, STEP, CROSS Still in Promenade Position Right (PPR).

1-2 Rock right back, recover to left

3-5 Touch right to side, step right to side, cross left over right 6-8 Touch right to side, step right to side, cross left over right

BACK, TOUCH, TOUCH FORWARD, HOOK, STEP, STEP, ½, STEP, ½

1-2& Step right back, hook left over right, touch left forward 3&4 Touch left forward, hook left over right, step left forward

5-6 Step right forward, turn ½ right and flick left back

REPEAT

TAG: At the end of 2nd wall, facing back wall (16 counts) BACK, HOLD, SWAY BACK, SWAY FORWARD, BACK, HOLD, SWAY BACK, SWAY FORWARD

1-2 Step right back, hold

3-6 Step left back, sway forward, sway back, hold

7-8 Step right back, sway forward

RUMBA BOX

Step right back, hold, step left to side, step right togetherStep left forward, hold, step right to side, step left together