When the Dam Breaks



拍數: 48 編數: 4 級數: High Intermediate waltz

編舞者: Donna Manning (USA) - April 2018 音樂: Cry Pretty - Carrie Underwood



#12 count intro

S1. Full Turn Monterey W/ Ronde

1-2-3 Step R fwrd, point L to L side (both arms out to sides with R side of upper body slightly back

– torque)

4, 5-6 Starting from the head...bringing arms in to chest -turn ¾ L bringing L underneath center

transferring weight to L but staying on the front of the foot (3:00), continuing another 1/4 turn L

on the ball of the L allow the R to sweep back to across the front of you (12:00

S2. Cross, ¼ Turn, Step Back, Settle

1,2,3 Cross R over L, on the ball of the R ¼ turn R step back on L, step R back (3:00)

These next 3 counts will leave room for your feeling of the music

4, 5-6 Step L back(3:00) for 5-6 options I danced....

*Settle back into L hip and pause – use your L arm to continue flow of movement

*If you allow your body to turn back to the front you can lunge on the L coming back up on 6 making sure you go back to 3:00

RESTART HERE: Start wall 4 facing 9:00 after count 12 you'll be facing 12:00 perfect position to start over

S3. Step, Attitude (lift), Collect, ½ Turn, Change Weight

1-2-3 Step R fwrd, lift L extended leg (toes extended heel to inside line) – lower L to center (3:00)

4,5,6 Continuing the leg movement-take weight to ball of L slightly behind the body. Use the whole count to take weight and make a ½ turn over the L shoulder (9:00), Close R to L and take

weight, step step L slightly back

Sec. 4: Step, Ronde, Sailor Step

1, 2-3 Step R back, sweeping L front to back for 2 counts

4, 5, 6 step L behind R, R to R side, replace weight to L opening up R hip (9:00)

Sec.5: Behind, ¼ Turn, Step, Spiral, Step, Touch

1, 2, 3 R behind L, ¼ turn L stepping L fwrd, step R fwrd

4-5, 6 full turn L spiral – letting L wrap close to R ankle (or float close to the floor), step out L fwrd,

touch R next to L as you bend both knees allowing body to lower (6:00)

S6. Step and Sway R, repeat L

1-2-3 Sway to R as you step R to R side (use arms as you are comfortable) – collect L next to R

DON'T change weight

4-5-6 Sway to L as you step L to L side (use your arms) – you can collect R next to L to prepare for

next section

S7. ¼ Turn R Balance. ½ Turn R Balance

1-2,3 Step R to R side but on the ball of the R allow ¼ turn to R to happen DURING the count NOT

turn then step, step down on L next to R (9:00), change weight to R

4-5,6 Step L back starting ½ turn R on the ball of L- DURING ½ turn – bring R to L changing weight

to FINISH ½ turn (3:00), step L fwrd

S8. R fwrd Balance, Step Back, ½ Turn, ½ Turn

1,2,3 Step R fwrd, close L to R, change weight to R

4-5,6 Step L back at slight angle back L diagonal facilitate about ¼ turn R (6:00), continue turning R ¼ stepping R slightly fwrd (9:00), NOW using the WHOLE 6th beat – step L fwrd and on the ball of the L make ½ turn R (9:00) let R leg trail behind you for styling

R2 - Last Update - 16th June 2018