My Deep Truth

拍數: 32

級數: High Improver

編舞者: Jane Young (TW) - March 2021

音樂: What Goodbye Means - Cam

Intro: 2 # Restart 4- times (as below)

[1-8] Forward, Tap, Step, 1/4 R Sailor, Forward, Tap, Step, 1/4L Sailor

- 1-2& Rf Fwd, Lf tap behind R, Step side
- 3&4 1/4 R-turn Rf step ,Lf step L-side ,Rf step R-side (R-sailor) 3:00
- 5-6& Lf Fwd, Rf tap behind L, Step side
- 7 &8 1/4 L-turn Lf step,Rf step R-side, Lf step L-side(L-sailor)12:00

[9-16] Right Fwd Lock, Hitch 1/2 R turn, Fwd, Lock, Fwd & Bwd Mambo

- 1&2& R fwd, Lock Lf , R fwd, Lf Hitch with 1/2 R turn 6:00
- 3&4 Lf fwd , Lock Rf, Lfwd (RS 4)
- 5&6 Rf Forward Mambo back
- 7&8 Lf Back Mambo Forward (RS 1&2)

[17-24] 1/8R R-lunge Fwd, Recover Lf ,1/2 R-turn ; L-lunge Fwd ,Recover, 1/8L Lf-side, Jazzbox , Slide Right , L touch

- 1 -2& 1/8 R-lunge forward, Recover Lf (7:30) 1/2 R-turn Rf forward (1:30)
- 3 -4& L-lunge forward, Recover Rf, 1/8L-turn Lf step side (12:00)
- 5&6& Cross R over L, Step L back, Step R to R side , Cross L over R
- 7 8 Large step R to R side , drag Lf touch

[25 -32] Left Fwd Sweep R Fwd, R Cross,1/8L L side,1/8L R back,L Back, 1/8 L R side, 1/8 L R Forward (diamond turn), L Rocking Chair, Rfwd ,L- lock 6:00

- 1- Step L fwd with R sweep fwd, (12:00)
- 2&3 Step R fwd across,1/8L step Lf side, 1/8L Step Rf back (9:00)
- 4&5 Step Lf back, 1/8L step R side, 1/8L step L fwd (6:00)
- 6&7& Rock R fwd, recover back onto L, rock R back, recover fwd onto L (Rocking chair) 6:00 (RS3)
- 8 & Step R fwd , Lock L behind R

Restarts:

RS1: At Wall 2 after 16-count (12:00) RS2: At Wall 5 after 16-count (6:00) RS3: At Wall 6 after 31-count (12:00) RS4: At Wall 7 after 12-count (6:00) Ending : At Wall 9 after 6 # turn 1/4L point Lf to L(12:00) update: 3/14/2021





牆數: 2