My Father

拍數: 32

級數: Improver

編舞者: May Cho (KOR) - May 2025

音樂: Father - Lim Young Woong

***Restart: Wall 6 after 16 counts (facing 12:00).

Intro: 16 Counts

Sec 1. NC2S Basic (R,L), Side-Behind-Side, Fwd w/ Sweep, Fwd.

牆數: 2

- 1-2& Side RF to R, Closed LF, Cross RF over LF.
- 3-4& Side LF to L, Closed RF, Cross LF over RF.
- 5-6& Side RF to R, Cross LF behind RF, Side RF to R.
- 7-8 Step LF forward sweeping RF back to front, Step RF forward.

Sec 2. Fwd, ½ R Pivot, Fwd, Fwd, Back w/ Sweep L-R-L, Back Rock, Recover.

- 1-2& Step LF forward, Pivot ½ turn R stepping RF forward (6:00), Step LF forward.
- 3-4 Step RF forward, Step LF back sweeping RF front to back.
- 5-6 Step RF back sweeping LF front to back, Step LF back sweeping RF front to back.
- 7-8 Rock RF back, Recover onto LF.

***Restart here on Wall 6 facing 12:00.

Sec 3. Cross Rock, Recover, Side (R,L), 1/8 L Walk-Walk-Walk w/Hitch, Extend Back.

- 1-2& Cross rock RF over LF, Recover onto LF, Step RF to R.
- 3-4& Cross rock LF over RF, Recover onto RF, Step LF to L.
- 5-8 Turn 1/8 L, Step forward RF, LF, Step forward RF hitching LF, Extend LF back (4:30).

Sec 4. Back L-R-L, Back Rock-Recover-1/2 L Turn, Back, 1/8 R Recover, 1/2 R Turn Together, Side, Together.

- 1-2& Rock back LF-RF-LF.
- 3-4& Step RF back (looking back), Recover onto LF, Turn ½ L stepping RF back (10:30)
- 5-6 Step LF back, Turn 1/8 R Recover weight onto RF (12:00).
- 7-8& Turn ½ R stepping LF together beside RF (6:00), Side RF to side. LF Together beside RF.

Last Update: 12 May 2025





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