

Faith

拍數: 0 牆數: 0 級數:
編舞者: Frank Cooper (CAN)
音樂: If My Heart Had Wings - Faith Hill



Sequence: AABAC ABAACC BAACC

PART A

ROCK STEP FORWARD RIGHT, COASTER STEP, ROCK STEP FORWARD LEFT, COASTER STEP

- 1-2 Rock forward onto right foot, recover onto left
- 3&4 Step back on right, step together with left, step forward on right foot
- 5-8 Repeat steps 1-4 starting on the left foot

OFF TO SEE THE WIZARD STEPS, STOMP RIGHT, HEEL BOUNCES ½ TURN LEFT WITH KICK

- 9-10 Step right foot diagonal to right, lock left foot behind right
- &11-12 Step open with right, step left foot diagonal to left, lock right foot behind left
- &13 Step open with left foot, stomp right foot forward
- 14-15 Bounce on heels twice starting ½ turn left
- 16 Kick left foot forward completing ½ turn to left

Optional: on heel bounces, bring arms out to side like wings palms down, in vocals she will sing "I would fly to you" and so on

COASTER STEP, SCUFF HITCH CROSS 3X

- 17&18 Step back on the left foot, step together with right, step forward on the left foot
- 19&20 Scuff right foot forward, slightly hitch right knee up, step right foot over left
- 21&22 Scuff left foot forward, slightly hitch left knee up, step left foot over right
- 23&24 Scuff right foot forward, slightly hitch right knee up, step right foot over left

PIVOT ½ TURN, SHUFFLE FORWARD, PIVOT ¼ TURN, PIVOT ½ TURN

- 25-26 Point left toe forward, pivot ½ turn right
- 27&28 Shuffle forward left, right, left
- 29-32 Point right toe forward, pivot ¼ turn left, point right toe forward, pivot ½ turn left

PART B

ROCK STEP FORWARD, ROCK STEP BACK, 2 ½ TURN PIVOTS

- 1-4 Rock forward on right, recover onto left, rock back on right, recover onto left
- 5-8 Touch right toe forward, pivot ½ turn to left, touch right toe forward, pivot ½ turn left

SHUFFLE FORWARD RIGHT, PIVOT ½ TURN RIGHT, SHUFFLE FORWARD LEFT, PIVOT ½ TURN LEFT, JAZZ BOX

- 9&10 Step forward right, bring left foot up to right, step forward right
- 11-12 Touch left toe forward, pivot ½ turn right
- 13-16 Repeat steps 9-12 starting on the left foot
- 17-20 Cross right foot over left, step back on left, step open with right, step together with left

PART C

CROSS ROCK, SHUFFLE TO RIGHT SIDE, CROSS ROCK, TRIPLE ½ TURN TO LEFT

- 1-2 Rock right foot over left, recover onto left
- 3&4 Step right foot to right side, step together with left, step right foot to right side
- 5-6 Rock left foot over right, recover onto right
- 7&8 Triple ½ turn to left stepping left, right, left

CROSS ROCK, SHUFFLE TO RIGHT SIDE, CROSS ROCK, TRIPLE ½ TURN TO LEFT

9-16 Repeat steps 1-8

At the end of the dance you will do Part C two times. On the first C do it all the way through (16 counts) and then do only 9 counts of the second C. On the second C instead of doing ½ turn triple on counts 7&8, do a triple on the spot (or a triple full turn to the left) which will keep you facing the front wall.
