Thank You



編舞者: Alan Birchall (UK) - February 2010

音樂: Thank You - Seal: (CD: Hits)



Start: On Main Vocals - 32 counts (28secs)

			41/ TOIDI E	TIDAL
LOCK STEPS.	RUNCK	RECOVER	1 % I RIPI E	\square
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1&2	Step Forward On Right, Lock Left Behind Right, Step Forward On Right
3&4	Step Forward On Left, Lock Right Behind Left, Step Forward On Left

5-6 Rock Forward On Right, Recover On Left

7&8 1½ Triple Turn Right, Stepping Right Left Right (6 'o' Clock)

1/4 ROCK, RECOVER, CROSS SHUFFLE, KICK BALL TOUCH, LOWER BODY ROLL

9-10	Making ¼ Turn Right Rock Left To Left, Recover On Right (9 'o' Clock)
11&12	Cross Left Over Right, Step Right To Right, Cross Left Over Right

13&14 Kick Right To Right Diagonal, Step Right By Left, Touch Left Toe Back (Weight On Right)

15-16 Push Lower Body Forward Rising Heels Slightly, Sit Back On Left (Weight On Left)

RIGHT HEELJACK, RIGHT HEELJACK, STEP, CROSS, UNWIND FULL TURN, SWAY, RECOVER

17&18	Cross Right Over Left, Step Left To Left, Extend Right Heel
19&20	Cross Right Over Left, Step Left To Left, Extend Right Heel
&21-22	Step On To Right, Cross Left Over Right, Unwind Full Turn Right

23-24 Rock (Sway) Right To Right, Recover On Left

Restart Here On 5th wall (Facing 9 'o' Clock)

SAILOR STEP, BEHIND, UNWIND 34, SYNCOPATED 14 TURN ROCKS, BEHIND, SIDE, CROSS

25&26	Cross Right Behind Left, Step Left To Left, Step Right By Left
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27-28 Cross Left Behind Right, Unwind ¾ Left (Weight Ends On Left) (12 'o' Clock)

Rock Forward On Right, Recover On Left Making 1/8th Turn
Rock Right To Right, Recover On Left Making 1/8th Turn

31&32 Cross Right Behind Left, Step Left To Left, Cross Right Over Left NOTE: Tag Here During Wall 2 (Facing 9 'o' Clock) & Wall 4 (Facing 3 'o' Clock)

BIG STEP, DRAG, SKATE RIGHT, SKATE LEFT, CROSS ROCK, RECOVER, FULL TRIPLE TURN

33-34 Take Big Step To Left, Drag Right By Left

35-36 Skate Right, Skate Left (See Dance Ending To Finish On The Front Wall)

37-38 Cross Rock Right Over Left, Recover On Left

39&40 Full Triple Turn To Right Stepping Right, Left, Right (3 'o' Clock)

CROSS, STEP, STEP, WALK, WALK, TOUCHES WITH BUMPS

41-42 Cross Left Over Right, Step Back On Right

&43-44 Step Left By Right, Walk Forward On Right, Walk Forward On Left

45&46& Touch Right Toe Forward Bumping Hips Right, Left, Right, Left (Weight Ends On Left)

47&48 Touch Right Toe Back Bumping Hips Right, Left Right (Weight Ends On Right)

BACK LOCK STEPS, 3/4 PADDLE TURN, CROSS

49&50	Cross Left Over Right, Step Back On Right, Step Back On Left
51&52	Cross Right Over Left, Step Back On Left, Step Right By Left

53&54& Making ¼ Turn Right Touch Left To Left, Making ¼ Turn Right Touch Left (9 'o'

Clock)

55&56 Making ¼ Turn Right Touch Left To Left, Cross Left Over Right (12 'o' Clock)

POINT, HITCH, POINT, STEP, POINT, HITCH, POINT, STEP, CROSS, UNWIND

57&58 Point Right To Right, Hitch Right, Point Right To Right

& Step Right By Left,

59&60 Point Left To Left, Hitch Left, Point Left To Left 61-62 Cross Left Over Right, Step Back On Right

&63-64 Step Left To Left, Cross Right Over Left, Unwind ½ Turn Left (Weight Ends On Left) (6 'o'

Clock)

START AGAIN

TAG: During Wall 2 (Facing 9 'o' Clock) & Wall 4 (Facing 3 'o' Clock)

TOUCH, HOLD, STEP, TOUCH, HOLD, STEP, TOUCH, STEP, TOUCH, STEP, BIG STEP, DRAG, TOUCH

1-2 Touch Left Toe Forward, Hold

&3-4 Step Left By Right, Touch Right Toe Forward, Hold

&5&6 Step Right By Left, Touch Left To Left, Step Left By Right, Touch Right To Right

&7-8 Step Right By Left, Take Big Step To Left, Drag Right By Left

1/4 TURNING TOE STRUT X 2, BEHIND 1/4 STEP, STEP, 1/2 HITCH TURN

9-10	Making ¼ Turn Right Touch Right Toe To Right, Step Down On Right
11-12	Making ¼ Turn Right Touch Left Toe To Left, Step Down On Left

13&14 Cross Right Behind Left, Making ¼ Turn Left Stepping Forward On Left, Step Forward On

Right

15-16 Step Forward On Left, Make ½ Turn Left Hitching Right Knee By Left

DANCE ENDING DURING 7th WALL FACING 6 'o' CLOCK

35-36 Cross Rock Right Over Left, Recover On Left (6 'o' Clock)
37&38 1½ Triple Turn Right, Stepping Right Left Right (12 'o' Clock)