Nectar From The Gods



拍數: 32 牆數: 4 級數: Intermediate

編舞者: John Robinson (USA) - August 2012

音樂: God Made You for Me - Aaron Neville: (CD: To Make Me Who I Am)



Begin 32 counts in with vocals. Track is 5:00m, so feel free to fade as desired.

R ROCK FORWARD, RECOVER, OUT-OUT & CROSS, R SIDE PRESS, FIGURE 4 LIFT TURNING 5/8 RIGHT, OUT-OUT & CROSS

RIGHT, OUT-OUT & CROSS		
1,2	[Press, recover] Press R forward leaning upper body forward (1), Recover L (2)	

a3&4 [Out-out & cross] Step R to right side (a), Step L to left side (3), Step R in toward L and

slightly back (&), Step L across R (4)

5,6 [Press, turn] Press R to right side leaning upper body slightly right (5), Recover L turning 5/8

right (7:30) while lifting R into figure 4 position (tuck R close to L calf) (6)

a7&8 [Out-out & cross] Step R to right side (a), Step L to left side (7), Step R in toward L and

slightly back (&), Step L across R (still facing 7:30) (8)

R PRESS FORWARD, RECOVER, WALK BACK R SWEEPING L, WALK BACK L SWEEPING R, R SAILOR STEP, & SYNCOPATED HALF TURN LEFT, R SIDE POINT

Maintain diagonals during this pattern.

1,2 [Press, recover] Press R forward leaning upper body forward (1), Recover L (2)

[Sweep, sweep] Step R back sweeping L toe counterclockwise (3), Step L back sweeping R

toe clockwise (4)

[Sailor step] Step ball of R behind L (5), Step ball of L side left (&), Step R forward about

shoulder-width apart from L (6)

a7&8 [a-Turn-turn-point] Step L across R (a), Turn 3/8 left (3:00) stepping R back (7), Turn 1/4 left

(12:00) stepping L side left (&), Point R toe to right side turning 1/8 diagonally left (10:30) (8)

R PRESS FORWARD, RECOVER, SYNCOPATED STEP BACK R-L, R ROCK BACK, L TURN 1/4 LEFT, R STEP SIDE, HIP MOVEMENTS

Maintain diagonals during this pattern.

1,2 [Press, recover] Press R forward leaning upper body forward (1), Recover L (2)

a3,4 [a-Back, back] Step R back (a), Step L back (3), Rock R back turning upper body/head right

towards 1:30 (body still facing 10:30) (4)

5,6 [Turn, side] Recover L stepping 1/4 turn left (7:30) (5), Step R to right side moving hips right

(6)

a7,8 [Left-right, left] Move hips left (a), Move hips right (7), Move hips L shifting weight L (8)

R SAILOR STEP, & 1/4 TURN RIGHT, L STEP FORWARD, R STEP FORWARD, 1/2 PIVOT LEFT, BALL-STEP (MAKING FULL TURN LEFT IF DESIRED), RUN FORWARD

1&2 [Sailor step] Step ball of R behind L (1), Step ball of L slightly forward squaring up to 6:00 (&),

Step R to right side (2)

a3,4 [a-Quarter, forward] Step ball of L behind R (a), Turn 1/4 right (9:00) stepping R forward (3),

Step L forward (4)

5,6 [Half turn] Step ball of R forward (5), Turn 1/2 left (3:00) (6)

a7&8 [Ball-step, run-run] Turn 1/2 left (9:00) stepping ball of R next to L (a), Turn 1/2 left (3:00)

stepping L forward (7), Step R forward (&), Step L forward (8)

Non-turning option: Step R next to L (a), Step L forward (7).

START AGAIN AND ENJOY!

Contact JOHN ROBINSON | www.mrshowcase.net

CALL OR TEXT: 609-314-0115 > WRITE: mrshowcase@gmail.com

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