## Spread It Around

拍數： 32 嚆數： 4
級數：Easy Intermediate
編舞者：David Spencer（UK）－September 2012
音樂：Spread a Little Love Around－Darryl Worley ：（CD：I Miss My Friend）

## 16 count intro－Start on vocals

Mambo 1／2 Turn Right，Lock Step Forward，Step 1／4 L Cross， $1 / 2$ Turn $R$ Cross．
1 \＆ $2 \quad$ Rock forward on R．Recover back on L．1／2 turn R stepping forward on R．
3 \＆ $4 \quad$ Step forward on $L$ ．Lock $R$ behind $L$ ．Step forward on $L$ ．
5 \＆ $6 \quad$ Step forward on R．Pivot $1 / 4$ turn L．Cross R over L．
7 \＆ $8 \quad 1 / 4$ turn $R$ stepping back on L．1／4 turn $R$ stepping $R$ to $R$ side．Cross L over R．［9．00］
Diagonal Step Touches，Lock Step Back，Back Rock 1／2 Turn R， $3 / 4$ Turn R．
1 \＆Step forward on $R$ to $R$ diagonal．Touch $L$ next to $R$ ．
2 \＆Step back on $L$ to $L$ diagonal．Touch $R$ next to $L$ ．
3 \＆ 4 （Angling body slightly to $R$ ）Step back on R．Lock L over R．Step back on R．
5 \＆ $6 \quad$ Rock back on $L$ ．Recover forward on $R$ ． $1 / 2$ turn $R$ stepping back on $L$ ．
7－8 $\quad 1 / 2$ turn $R$ stepping forward on $R$ ．1／4 turn $R$ stepping $L$ to $L$ side．［12．00］
Easier option for counts 5－6
5 \＆ $6 \quad L$ Back rock step forward $L$ ．7－8 Step forward $R$ ．1／4 $R$ stepping $L$ to $L$ side．
R Sailor，Weave Behind \＆Cross， $1 / 2$ Turn L Step Forward，L Lock Step（or Triple Full Turn）
1 \＆ $2 \quad$ Cross $R$ behind $L$ ．Step $L$ to $L$ side．Step $R$ to $R$ side．
3 \＆ $4 \quad$ Cross $L$ behind $R$ ．Step $R$ to $R$ side．Cross $L$ over R．
5 \＆ $6 \quad 1 / 4$ turn $L$ stepping back on R．1／4 turn $L$ stepping forward on $L$ ．Step forward R．
7 \＆ $8 \quad$ L Lock step forward（or triple full turn $R$ travelling forward）．［6．00］
Mambo 1／4 Turn Right．Weave R．R Side Rock \＆Cross．L Half Rumba Box．
1 \＆ $2 \quad$ Rock forward on $R$ ．Recover back on $L$ ． $1 / 4$ turn $R$ stepping $R$ to $R$ side．
3\＆4\＆Cross $L$ over $R$ ．Step $R$ to $R$ side．Cross $L$ behind $R$ ．Step $R$ to $R$ side．
5\＆6\＆Cross L over R．Rock out to R on R．Recover on L．Cross R over L．
7 \＆ 8 Step $L$ to $L$ side．Close $R$ next to $L$ ．Step forward L．［9．00］
TAG：At the end of walls 2 ［facing 6．00］and 4 ［facing 12．00］，a 16 count tag is required．
Mambo Step．Cross Back $1 / 2$ Turn L．Step $1 / 2 \mathrm{~L}$ Step Forward． 3 Runs Forward．
1 \＆ $2 \quad$ Rock forward on R．Recover back on L．Step back on R．
3 \＆ $4 \quad$ Cross $L$ over R．Step back on R．1／2 L stepping forward on L．
$5 \& 6 \quad$ Step forward on R．Pivot $1 / 2$ turn L．Step forward on R．
7 \＆ 8 ＂Run＂forward on L－R－L．
Easier option for counts 3－6
3 \＆ $4 \quad$ Cross L over R．Step back on R．Step back on L．
5 \＆ $6 \quad$ Rock back on R．Recover forward on L．Step forward on R．
9－16 Repeat above 8 Counts．
Contact－www．lincolnlonestars．co．uk

