

Oh So Beautiful!

拍數: 36 牆數: 4 級數: Intermediate - NC
編舞者: Niels Poulsen (DK) - April 2013
音樂: You Are so Beautiful - Joe Cocker : (iTunes)



1 Restart: Happens on wall 2 (starts facing 9:00), after 28 counts.

When you do your reverse rolling vine the side rock on count 5 becomes your first step of wall 3. The Restart happens towards [6:00]

Intro: 16 count intro (app. 16 secs. into track). Start with weight on L foot

[1 – 9] Sway R L, R basic, fan ½ R, side R, cross over, side rock, cross, ¼ R, ½ R with sweep

- 1 – 2 Step R to R side swaying body R (1), sway body L sliding R next to L (2) 12:00
3 – 4&5 Step R a big step to R side (3), step L behind R (4), cross R over L (&), step L to L side and then spin ½ R on L ending with R foot pointed fw (5) 6:00
6&7& Step R to R side (6), cross L over R (&), rock R to R side (7), recover weight to L (&) 6:00
8&1 Cross R over L (8), turn ¼ R stepping back on L (&), turn ½ R stepping fw on R and sweeping L fwd (1) 3:00

[10 – 17] L jazz box, L basic, side R, 1/8 L back L R, 1/8 L side L, 1/8 L fwd R L, rock R fwd

- 2& Cross L over R (2), step back on R (&) 3:00
3 – 4& Step L a big step to L side (3), step R behind L (4), cross L over R (&) 3:00
5 - 6&7 Step R to R side (5), turn 1/8 L stepping back on L (6), step back on R (&), turn 1/8 L stepping L to L side (7) 12:00
8&1 Turn 1/8 L walking fw on R (8), walk fw on L (&), rock fw on R (1) 10:30

[18 – 25] Back sweep R, back sweep L with 1/8 L, L back rock, basic L, side R, behind side cross

- 2 – 3 Recover back on L sweeping R to R side (2), step back on R turning 1/8 L with a L sweep (3) 9:00
4& Rock back on L (4), recover on R (&) 9:00
5 – 6& Step L a big step to L side (5), step R behind L (6), cross L over R (&) 6:00
7 – 8&1 Step R to R side (7), cross L behind R (8), step R to R side (&), cross L over R (1) 9:00

[26 – 33] Cross side rock, cross, reverse full turn L with R sway, ¼ L into run run rock, fw L with R hitch

- 2&3 Cross R over L (2), rock L to L side (&), recover on R (3) 9:00
&4&5 Cross L over R (&), turn ¼ L stepping back on R (4), turn ½ L stepping fw on L (&) (*), turn ¼ L rocking/swaying R to R side (5) 9:00

*** Restart here (*) on wall 2, facing 6:00 (see note in header)**

- 6&7 Turn ¼ L running fw L (6), run fw R (&), rock fw on L (7) 6:00
8 – 1 Recover back on R prepping upper-body slightly R (8), recover fwd on L hitching R knee (1) 6:00

[34 – 36] Syncopated R jazz box ¼ R, syncopated weave

- 2&3 Cross R over L (2), start turning ¼ R stepping L back (&), finish turn stepping R to R side (3) 9:00
&4& Cross L over R (&), step R to R side (4), cross L behind R (&) 9:00

Start again... and remember to feel the music!

Option Turny option for counts 34-36:

2 ¼ full turns: Syncopated R jazz box ½ R, 1 ¾ R

- 2&3 Cross R over L (2), turn ¼ R stepping back on L (&), turn ¼ R stepping fwd on R (3) 12:00
&4& Turn ½ R stepping L back (&), turn ½ R stepping R fw (4), turn ½ R stepping L back (&)... to begin again you turn another ¼ R into your sway on count 1...[9:00]

Ending You automatically finish towards 12:00 as you complete wall 4 facing 12:00. The music slows down on counts 34-36, so slow down these steps, hold for app. 2 counts and then step R to R side on count 1 of wall 5 and touch L next to R on count 2 to hit the very last beat in the music![12:00]

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