

The Dance

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Description : 16 temps, 4 murs, Débutant, Avril 2018

Musique : The Dance by Robert Mizzell – iTunes etc...

Please note This doesn't dance as well to the Garth Brooks track, at the end it goes out of phrase.

Count In : 20 counts from start of track approx. 20 seconds into the track – start on the lyric "back"

Basic NC Step x2. Basic NC Step ¼ Turn. Long Step, Behind, Side.

- 1 Take a long step right to right side
- 2& Rock left behind right, recover.
- 3 Take a long step left to left side
- 4& Rock right behind left, recover.
- 5 Make ¼ turn left taking a long step right to right side (9 o'clock)
- 6& Rock left behind right, recover.
- 7 Take a long step left to left side
- 8& Cross right behind left, step left to left side

Cross Rock x2. Step ½ Pivot Turn Step. Run Run. (or full turn left, travelling forward over 2 counts)

- 1 Cross rock right over left
- 2& Recover weight onto left, step right at side of left
- 3 Cross rock left over right
- 4& Recover weight onto right, step left at side of right
- 5 Step forward right
- 6&7 Step forward left, make ½ right onto right, step forward left (3 o'clock)
- 8& Run fwd right then left – or make ½ turn left stepping back right, make ½ turn left stepping fwd left

Tag During wall 5 section 1, make counts 7-8& another NC basic step, then Restart the dance facing 9 o'clock wall

- 7 Take a long step left to left side
- 8& Rock right behind left, recover.

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