

Send A Message

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Danse de partenaires Débutant- Intermédiaire 68 comptes

Position Right Skaters Face à L.O.D.

Les pas de l'homme et de la femme sont identiques sauf, si indiqué

Music: : **Send A Message To My Heart / Dwight Yoakam & Patty Loveless**

1-8 Rumba Box, Hold, Rumba Box, Hold,

1-4 Step left to left - right next to left - left over - Break

5-8 Step right to right - step left beside right - right back – Break

9-16 Back Rock Step, Step, Hold, Rumba Box, Hold,

1-4 Rock left behind - back on the right - left over - Break

5-8 Step right to right - step left beside right - right over – Break

17-24 Rocking Chair, Step, Pivot 1 / 2 Turn, Step, Pivot 1 / 4 Turn,

1-2 Rock left forward - back on right

3-4 Rock left back - back on right

D Release hands, the woman passes under the left arm

5-6 Step - Pivot 1 / 2 turn right

7-8 Step Ahead - Pivot 1 / 4 turn right

Double Hand Hold position with hands held at waist height

Facing I.L.O.D. The woman behind the man

25-32 Rumba Box, Hold, Step, Pivot 1 / 2 Turn, Step, Hold,

1-4 Step left to left - right next to left - left over - Break

D Release hands, the woman passes under the left arm

5-8 Step forward - Pivot 1 / 2 turn left - stepping forward - Break

Indian position, facing O.L.O.D. man behind the woman

33-40 Cross Rock Step, To Weave Left, 1 / 4 Turn, 1 / 2 Turn,

1-2 Rock step left over right - back on right

3-4 Step left - cross right over left

5-6 Step left - cross right behind left

Release the left hand, the woman passes under the right arm

7-8 1 / 4 turn left stepping forward - 1 / 2 turn left stepping right back

Facing R.L.O.D. D hands in the back of the man hands the woman left forward

41-48 Kick Back, Kick Back, Back Rock Step, Step, Hold,

1-2 Kick left foot forward - left behind

3-4 Kick right forward - right behind

5-8 Rock left behind - back on the right - left over – Break

49-56 H: Rock Step, Step, Touch, Vine To Left, Touch

F: Step, Pivot 1 / 2 Turn, Steps, Touch, Vine To Left, Touch

D Release hands, the woman passes under the left arm

1-2 H: Rock right forward - to the PG

F: Step forward - Pivot 1 / 2 turn left

The woman is facing L.O.D. and the man facing R.L.O.D. shoulder to shoulder G

G Single Hand Hold Position, Hand G Hand G

3-4 H: PD on site - Touch L beside R

F: Step forward - Touch L beside R

5-6 Step left - cross right behind left

Single Hand Hold Position, Hand in Hand D D D shoulder to shoulder D

7-8 Step left - Touch R beside L

57-64 H: Steps 1 / 2 Turn, Touch, (Steps One Place) X3, Touch.

F: (1 / 4 Turn, 1 / 4 Turn, One Place, Touch) X2.

The woman passes under the right arm, before the man

1-2-3 H: Steps right, left, right, 1 / 2 turn right

F: Step forward, 1 / 4 turn left - left front, 1 / 4 turn left PD site

4 Touch L beside R

Face to face, man facing L.O.D. hand in hand D D

5-6-7 H: Steps left, right, left, retreating slightly

F: Step forward, 1 / 4 turn left - stepping forward, 1 / 4 turn left Left in place

8 Touch R beside L

Skaters take over the position Right, facing LOD

65-68 Step, Lock Step, Hold.

1-4 Step Ahead - lock left behind right - right over - Break

After 3 complete recovery routines, make the top 20 accounts