

My Final Pour

Chorégraphe Josha Talbot et Helen NG
Danse de Ligne Intermédiaire 32 comptes 4 murs
Musique My Final Pour par Matt Lang

Intro: 16 counts – Start on Lyrics

1-8 FWD ROCK, SIDE ROCK, BACK SWEEP, BEHIND, SIDE, CROSS, ½ CROSS ROCK, RECOVER, CROSS

1&2&3 Rock R fwd, recover weight L, rock R to R, recover weight L

3, 4&5 Step R back, sweep L to behind R, step R to R, step L over R

6&7 ¼ L step R back, ¼ L step L to L, Cross rock R over L (6.00)

8&1 Recover weight L, step R to R, cross L over R

9-16 ¼, ½, ¼ NC2, SIDE, BEHIND, ¼ FWD, R ¾ SPIRAL, L SHUFFLE FWD

2&3 ¼ L step R back, ½ L step L fwd, ¼ L step R to R (6.00)

4&5 Rock L behind R, recover weight R, step L to L

6&8 Step R behind L, ¼ L step L fwd (3.00)

7 Step fwd on to ball of R foot make ¾ L as you bring L foot up to R ankle (6.00)

8&1 Step L fwd, step R together, step L fwd

17-24 ROCK FWD, RECOVER, ½ FWD, ½ L PENCIL TOGETHER, SWAY x2, R NC2, SIDE

2&3 Rock R fwd, recover weight L, ½ R step R fwd (12.00)

4 Keep weight on R foot as you slightly sweep L ½ R stepping L together (6.00)

5, 6, 7 Sway hips R, sway hips L, step R to R

8&1 Rock L behind R, recover weight R, step L to L

25-32 WEAVE BEHIND, L SCISSOR, ¼, ½, WALK, WALK

2&3 Step R behind L, step L to L, cross R over L

4&5 Rock L to L, recover weight R, cross L over R

6&8 ¼ L step R back, ½ L step fwd (9.00)

7, 8 Step R fwd, step L fwd

(Optional Turn: Replace the last 2 counts with a full turn fwd)

[32]

Restart: On wall 2 dance to count 22 (Sway, Sway) add 2 extra sways before restarting.

To finish: On the last wall, replace the ¾ spiral with and ½ cross unwind to the front.



514 464-7621

www.ecolestardance.ca