

# How Do I Say Goodbye

**Compte:** 32

**Mur:** 2

**Niveau:** Intermediate NC

**Chorégraphe:** Alison Metelnick (UK) & Peter Metelnick (UK) - November 2022

**Musique:** How Do I Say Goodbye - Dean Lewis



**Start.....almost immediately. He sings "Early morning". Start on the word 'Morning' – Hint: if you stand with your right foot forward you can then listen to start the dance on count 2 as it is a very quick intro. Gives you a little breathing space. Song: 2mins 44secs – 160bpm**

**Music Available: Amazon**

**[1-8] R forward, L forward, ½ R pivot turn, L forward, R forward as you execute a full L spiral, L forward, ¼ L, step R to R side, L behind, R side**

1-4 Step R forward, step L forward, pivot ½ right, step L forward (6 o'clock) (extended 5th)

5-6 Step R forward lifting L across as you spiral full turn left (6 o'clock), step L forward (extended 5th)

7-8& Turning ¼ left step to R side (optional sweep L from front to back) (3 o'clock), cross step L behind R,  
step R side

**[9-17] L cross rock/recover, L side, cross step R over L, ¼ R, step L back, step R together, cross step L over R, step R to R side, L together, step R to R side, step L together, step R back**

1-2&3 Cross rock L over R, recover weight on R, step L side, cross step R over L

4&5 Turning ¼ right step L back (6 o'clock), step R together, cross step L over R

6-7 Step R side, step L together (use hip motion as you move to the right)

8&1 Step R side, step L together, step R back

**[18-25] Chassé L with ¼ L, step R forward, ¼ L pivot turn, cross step R over L, ½ R hinge, cross step L over R, R side rock/recover, cross step R over L**

2&3 Step L side, step R together, turning ¼ L step L forward (3 o'clock)

4&5 Step R forward, pivot ¼ left (12 o'clock), cross step R over L

6&7 Turning ¼ right step L back (3 o'clock), turning ¼ right step R side (6 o'clock), cross step L over R

8&1 Rock R side, recover weight on L, cross step R over L

**[26-32] L NC basic, R side, L coaster step, R ball step forward, R forward, L forward (optional L full turn forward)**

2-3&4 Step L side, rock R back, recover weight on L, step R side

5&6 Step L back, step R together, step L forward

&7 Step R forward, step L forward

8& Step R forward, step L forward

**Optional turn 8& - On count 7 step L forward in extended 5th, then full turn L forward**

**TAG: after wall 3 – execute the first 6 counts and replace counts 7/8 with a walk forward R/L (you can execute a full left turn over these steps if you so desire)**

**ENDING: You will be facing the back wall start the dance again and execute the counts exactly the same as the tag and to finish strike a lovely pose!**

**Enjoy and happy dancing!**

**Tel: 01462 735778 Email: Alison @ [alisonbiggs@virginmedia.com](mailto:alisonbiggs@virginmedia.com) or Peter @ [petermetelnick@virginmedia.com](mailto:petermetelnick@virginmedia.com)**

**Find us on Facebook as TheDanceFactoryUK**

