

My Sad Goodbye

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Laurel Ingram (UK)

Musique: Disco Volante - Fredrik Kempe



WALK FORWARD, RIGHT SHUFFLE, SHUFFLE ½ PIVOT RIGHT, ROCK BACK RECOVER

- 1-2 Step forward right, step forward left
- 3&4 Step forward right, close left beside right, step forward right
- 5&6 Triple ½ turn right stepping left right left
- 7-8 Rock right back, recover forward onto left

¼ LEFT & RIGHT SIDE ROCK & RECOVER, RIGHT CROSS SHUFFLE, 2 ¼ TURN RIGHT, CROSS RECOVER STEP

- 1-2 Turning ¼ left, rock right to right, recover weight on left
- 3&4 Cross step right over left, step left to left, cross step right over left
- 5-6 Turning ¼ right step left, turning ¼ right step right to right
- 7&8 Cross rock left over right, recover weight on right, step left to left

SKATES TWICE, FORWARD SHUFFLE, SKATES TWICE, ¼ TURN LEFT CHASSE

- 1-2 Skate right forward, skate left forward
- 3&4 Step right forward, close left beside right, step right forward
- 5-6 Skate left forward, skate right forward
- 7&8 Step left to left side, close right beside left, step left ¼ turn left

CROSS, BACK, COASTER STEP, FULL TURN RIGHT, TRIPLE ½ TURN RIGHT

- 1-2 Cross right over left, step left back
- 3&4 Step right back, close left beside right, step right forward
- 5-6 Turn ½ right, stepping left back, turn ½ turn right, stepping right forward
- 7&8 Triple ½ turn right, traveling forward, stepping left right left

Options: replace counts 5-6 with walk forward left right

KICK TWICE, SAILOR STEP, STEP, CROSS ¼ LEFT, LEFT COASTER STEP

- 1-2 Kick right forward, kick right side
- 3&4 Cross step right behind left, step left to left side, step right in place
- 5-6 Cross step left over right, turning ¼ left, step right back
- 7&8 Step left back, step right together, step left forward

STEP ½ PIVOT, SHUFFLE ½ TURN, STEP ½ PIVOT, LEFT SHUFFLE

- 1-2 Step forward right, step back left turning ½ right
- 3&4 Make ½ turn right stepping right left right
- 5-6 Step left forward, pivot ½ turn right
- 7&8 Step forward left, close right beside left, step forward left

SIDE ROCK & CROSS SHUFFLE, 2 X ¼ TURN RIGHT, LEFT SHUFFLE FORWARD

- 1-2 Rock right to right side, recover left
- 3&4 Cross right over left, step left to left side, cross right over left
- 5-6 Turning ¼ right, step left to left, turning ¼ right, step right to right
- 7&8 Step forward left, close right beside left, step forward left

RIGHT ROCK & RECOVER, RIGHT COASTER STEP, ½ RIGHT PIVOT, TRIPLE FULL TURN RIGHT

- 1-2 Rock right forward, recover weight on left
- 3&4 Step right back, step left together, step right forward

5-6 Step left forward, pivot $\frac{1}{2}$ right

7&8 Step forward left $\frac{1}{2}$ turn right, step forward right $\frac{1}{2}$ turn right, step forward left

Options: replace 7&8 with a shuffle forward, left right left

REPEAT

On wall 4, section 8, slow down on counts 5-6, then take the full turn slowly on counts 7&8, then pick up the tempo and restart the dance
