

My Father Told Me

拍数: 64 墙数: 2 级数: Intermediate
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音乐: The Nights - Avicii



Info: □ Intro 32 counts

S1: Unwind ½ R, Step Pivot ½ R, Walk x2, Out-Out, In-Fwd

- 1 RF □ point back
- 2 R+L □ ½ turn right
- 3 LF □ step forward
- 4 L+R □ ½ turn right
- 5 LF □ step forward
- 6 RF □ step forward
- & LF □ step side (out)
- 7 RF □ step side (out)
- & LF □ step back to centre
- 8 RF □ step forward

S2: Rock Fwd Recover, Coaster Step, Rock Fwd Recover, Shuffle ½ R

- 1 LF □ rock forward
- 2 RF □ recover
- 3 LF □ step back
- & RF □ together
- 4 LF □ step forward
- 5 RF □ rock forward
- 6 LF □ recover
- 7 RF □ ¼ right and step side
- & LF □ step beside
- 8 RF □ ¼ right and step forward

S3: Full Turn R, Shuffle Fwd, Step, Point, Sailor ¼ L

- 1 LF □ ½ right and step back
- 2 RF □ ½ right and step forward
- 3 LF □ step forward
- & RF □ step beside
- 4 LF □ step forward
- 5 RF □ step forward
- 6 LF □ point forward
- 7 LF □ ¼ left and cross behind
- & RF □ step beside
- 8 LF □ step slightly forward

S4: Side, Behind & Cross, Side, Sailor x2

- 1 RF □ step side
- 2 LF □ cross behind
- & RF □ step side
- 3 LF □ cross over
- 4 RF □ step side
- 5 LF □ cross behind
- & RF □ step beside
- 6 LF □ step side

7 RF□cross behind
& LF□step beside
8 RF□step side *

S5: Unwind ½ L , Step Pivot ½ L, Walk x2, Out-Out, In-Fwd

1 LF□point back
2 L+R□½ turn left
3 RF□step forward
4 R+L□½ turn left
5 RF□step forward
6 LF□step forward
& RF□step side (out)
7 LF□step side (out)
& RF□step back to centre
8 LF□step forward

S6: Rock Fwd Recover, Coaster Step, Rock Fwd Recover, Shuffle ¼ L

1 RF□rock forward
2 LF□recover
3 RF□step back
& LF□together
4 RF□step forward
5 LF□rock forward
6 RF□recover
7 LF□¼ left and step side
& RF□step beside
8 LF□step side

S7: Dorothy Step x2, Step Pivot ½ L, Full Turn L

1 RF□step right forward
2 LF□lock behind
& RF□step forward
3 LF□step left forward
4 RF□lock behind
& LF□step forward
5 RF□step forward
6 R+L□½ turn left
7 RF□½ left and step back
8 LF□½ left and step forward

S8: Rock Fwd Recover, Coaster Step, Rock Fwd Recover, Lock Step Bkw

1 RF□rock forward
2 LF□recover
3 RF□step back
& LF□together
4 RF□step forward
5 LF□rock forward
6 RF□recover
7 LF□step back
& RF□lock across
8 LF□step back

Start again

***BRIDGE: Dance the 1st and 3rd walls up to and including count 32 (count 8 of the 4th section), add::**

Cross, Monterey Turn ½ R, Cross, Hold & Behind, Side

- 1 LF□cross over
- 2 RF□point side
- 3 RF□½ right and step beside
- 4 LF□point side
- 5 LF□cross over
- 6 hold
- & RF□step side
- 7 LF□cross behind
- 8 RF□step side

Cross, Hold & Cross, Side, Behind, Point, Cross, Point

- 1 LF□cross over
- 2 hold
- & RF□step side
- 3 LF□cross over
- 4 RF□step side
- 5 LF□cross behind
- 6 RF□point side
- 7 RF□cross over
- 8 LF□point side

Behind, Hold & Cross, Point, Cross, Side, Behind, Point

- 1 LF□cross behind
- 2 hold
- & RF□step side
- 3 LF□cross over
- 4 RF□point side
- 5 RF□cross over
- 6 LF□step side
- 7 RF□cross behind
- 8 LF□point side

Cross, Monterey Turn ½ R, Point, Cross, Hold & Side, Behind, Side

- 1 LF□cross over
- 2 RF□point side
- 3 RF□½ right and step beside
- 4 LF□point side
- 5 LF□cross over
- 6 hold
- & RF□step side
- 7 LF□cross behind
- 8 RF□step side

And continue with count 33 (count 1 of the 5th section)

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