

And Then You're Gone

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Lisa McCammon (USA) - June 2015
音乐: And Then You're Gone - Pink Martini



Intro: see optional steps below, or just wait for about 30 seconds until the first beat of music, starting count 1 on "gone."

Your first repetition is only instrumental. Clockwise rotation; start with weight on L.

NOTE: the lyrics pause briefly during the last repetition, but you will keep dancing on the beat.

[1-8] □STEP, POINT, BACK HOOK, SIDE, CROSS ROCK, RECOVER, CHASSE R

1-4 Step forward R, point L to side, hook L behind R calf, step L to side
5-6 Cross rock R over L, recover weight L
7&8 Step R to side, step L home, step R to side (easier 7-8: step R to side, HOLD)

[9-16] □CROSS, TAP, BACK, SIDE, CROSS, TAP, BACK, SIDE

Styling: stand nice and straight during this section—do not bend or hunch over

1-4 Cross step L over R, tap R behind L, step back R, step side L
5-8 Cross step R over L, tap L behind R, step back L, step side R

[17-24] □CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS-&-CROSS

1-4 Cross step L over R, step R to side, step L behind, sweep R front to back
5-6 Step R behind L, step L to side
7&8 Step R over L, step L to side, step R over L (easier 7-8: step R over L, HOLD)

[25-32] □TURN, HOLD, TURN, HOLD, ROCK, RECOVER, STEP, STOMP (UP)

1-4 Turn left ¼ [9] stepping onto L, HOLD, turn right ½ [3] putting weight onto R HOLD
5-8 Rock forward onto L, recover weight to R, step forward onto L, stomp up R (no weight)

***The Tags occur after the 3rd repetition (facing 9:00) and after the 6th repetition (facing 6:00).**

The second Tag follows a 64-count instrumental bridge.

The music feels off phrase so it will help to count in your head for the first few times you do it.

The lyrics kick in at the start of a new repetition.

1-4 Rocking chair (rock forward R, recover weight to L; rock back R, recover weight to L)

Optional ending: dance through the stomp up, facing 12:00. Do this with the three counts remaining.

1 Stomp R to side, feet slightly apart
2 Bring your right arm at chest height across from right to left
3 Swing R arm emphatically to the right, pointing Lorenzo to the door!

Optional intro: the beats are not consistent, but don't worry—this not part of the dance, so just let it flow. The music will build to tell you when the dance is about to start, so just be sure your weight is on your left foot and you're ready for count 1. This section starts after about 8 counts of piano.

1-8 (on "Lorenzo") Side R, HOLD, back rock, recover; side L ("hand"), mirror steps to left
1-8 Side R, behind, side, cross, side ("candles"), HOLD, back rock, recover R
1-8 Side L ("wine"), behind, side, cross, side ("leave"), HOLD, back rock, recover L
1-4 Side R ("take me"), HOLD, back rock, recover R
5-8 Side L ("tell me"; wrap your arms around your shoulders), HOLD, back rock, recover L
1-4 Side R ("be the only"), swaying and bending your knees a little with the music
5-8 Sway onto L ("one"), straightening knees while slowly drawing R toes in ("and then you're")

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