

# Gold

拍数: 32                      墙数: 4                      级数: Intermediate  
编舞者: Darren Bailey (UK) & Fred Whitehouse (IRE) - June 2015  
音乐: Gold - Andrey Triana



**Intro - Start on the Lyric 'Knows' after about 11 secs**

**Walk x2 (R,L), R Mambo Forward, Walk Back x2 (L,R), L Coaster Touch.**

1-2                      Step forward on Rf, Step forward on Lf  
3&4                      Rock forward on Rf, Recover onto Lf, Step back on Rf  
5-6                      Step back on Lf, Step back on Rf  
7&8&                      Step back on Lf, close Rf next to Lf, Point Lf to L side, Close Lf next to Rf

**Switches, R, Forward, Step forward, Twist and Slide, L Sailor, Syncopated Weave.**

1&2&                      Point Rf to R side, Close Rf next to Lf, Touch Lf forward, Close Lf next to Rf  
3&4                      Step forward on Rf, swivel both heels R making a 1/4 turn L, Pushing of Lf take a big step to R with Rf  
5&6                      Cross Lf behind Rf, Step Rf to R side, Step Lf to L side  
7&8&                      Cross Rf behind Lf, Step Lf to L side, Cross Rf over Lf, Step Lf to L side

**Sweep x2, R Sailor 1/2 turn, Push step L with Flick, Walk x2 (R,L).**

1-2                      Step back on Rf sweeping Lf from front to back, Step back on Lf sweeping Rf from front to back  
3&4                      Step back on Rf, make a 1/4 turn R and step Lf next to Rf, make 1/4 turn R and step forward on Rf  
5&6                      Rock forward on Lf, Push back onto Rf, Push forward onto Lf flicking Rf up behind you  
7-8                      Step forward on Rf, Step forward on LF

**Ball, Cross, Step R, Ball, Cross, Step L, Full turning Square (R,L,R,L).**

&1-2                      Step Rf slightly forward, Turn body to face L diagonal and cross Lf over Rf, Turn body to face forward and step forward on Rf  
&3-4                      Step f slightly forward, Turn body to face R diagonal and cross Rf over Lf, Turn body to face forward and step forward on Lf  
5-6                      Make a 1/4 L and step back on Rf, Make a 1/4 turn L and step Lf forward  
7-8                      Make a 1/4 L and step back on Rf, Make a 1/4 turn L and step Lf forward

**Tag: 16 Counts (After wall 6 facing the back).**

**Note:** □ The timing of the tag is slower than the rest of the dance, so be prepared to slow down.

1-2                      Step Rf to R side, Cross Lf behind  
3-4                      Take a big step to the R with Rf, Drag Lf toward Rf  
5-6                      Make a 1/4 turn L and step Lf forward, Make a 1/2 turn L and step Rf back  
7-8                      Make a 1/4 turn L and take a big step L with Lf, drag Rf towards Lf

**Hands:** (On count &8 reach up R hand and glad the air, pull the hand down in front of you.)

1-2                      Rock forward on Rf, recover onto Lf  
**(as you rock forward and recover you can body roll from top to bottom)**

3-4                      Rock back on Rf, recover onto Lf  
5-6                      Step forward on Rf, make a 1/2 turn Pivot L  
7-8                      Make a 1/2 turn L and touch Rf to R side, Hold

**Hands:** (On counts 7-8 Slowly raise hand up in front of you with palm facing to L)

At end of 2nd time through the Tag you will hear a piano note, Shake the hand bringing it down slowly in front of you.

You start the dance again on the lyrics 'Gold'.

Enjoy

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