

Sorrow

拍数: 32 墙数: 4 级数: Beginner
编舞者: Rob McKean (CAN) - January 2016
音乐: Sorrow - David Bowie



Start on the lyrics. You will step side right when he says "long"

½ Vine Right, Ball Cross, Side Step

1-2&3-4 Step side right, cross L behind R, step side right on ball of R, cross L over R, step side right.

½ Vine Left, Ball Cross, ¼ Turn Left

5-6&7-8 Step side left, cross R behind L, step side left on ball of L, cross R over L, make a ¼ left stepping forward on L.

Lindy Right, Lindy Left

9&10 Step side right, together L, side right

11-12 Rock back on L, recover on R

13&14 Step side left, together on R, side left

15-16 Rock back on R, recover on L

(Restart here on 4th wall)

Knee Roll Struts Forward

17-18 Touch R toe forward, roll right knee clockwise and step down on R heel

19-20 Touch L toe forward, roll left knee counter clockwise and step down on L heel

21-22 Touch R toe forward, roll right knee clockwise and step down on R heel

23-24 Touch L toe forward, roll left knee counter clockwise and step down on L heel

Rock, Recover, Coaster, Rock, Recover, Coaster Cross

25-26 Rock forward on R, recover on L

27&28 Step back on R, together on L, forward on R

29-30 Rock forward on L, recover on R

31&32 Step back on L, together on R, cross L over R

Restarts: There is one Restart on the fourth wall.

Dance the first 16 counts then restart at the beginning.

Contact: robmckean@rogers.com