

Undone

拍数: 32 墙数: 4 级数: Low Improver
编舞者: Tom Inge Soenju (NOR) - October 2016
音乐: Undone - Joe Nichols : (Album: Undone - 3:23, ~ - iTunes, Google Play and Amazon.)



Intro: 16 Counts.

Sequence: Repeating sequence.

Tag/Restart: No tags, but one restart after 8 counts in wall 3.

End: Dance as normal till music ends.

Section 1: Rumba box B/F, F R Shuffle, L F Step, ½ R Pivot, L F Step

- 1 & Step right foot to right side and step left foot next to right foot
- 2 Step right foot back
- 3 & Step left foot to left side and step right foot next to left foot
- 4 Step left foot forward
- 5 & Step right foot forward and step left foot next to right foot
- 6 Step right foot forward
- 7 & Step left foot forward and make a half turn to your right (weight on right foot)
- 8 Step left foot forward

Restart: Restart here in wall 3

Section 2: Full L turn, R F Shuffle, Rumba box F/B

- 1 Half turn to your left stepping right foot back
- 2 Half turn to your left stepping left foot forward
- 3 & Step right foot forward and step left foot next to right foot
- 4 Step right foot forward
- 5 Step left foot to left side and step right foot next to left foot
- 6 Step left foot forward
- 7 Step right foot to right side and step left foot next to right foot
- 8 Step right foot back

Section 3: L Coaster step, R Kick, L/R Point, R Hitch, R Cross, B L Cross shuffle

- 1 & Step left foot back and step right foot next to left foot
- 2 Step left foot forward
- 3 & Kick right foot forward and step down right foot next to left foot
- 4 & Point left foot to left side and step left foot next to right foot
- 5 & Point right foot to right side and hitch right foot
- 6 Cross right foot over left foot
- 7 & Step left foot back and cross right foot over left foot
- 8 Step left foot back

Section 4: ½ R Sailor Turn, L F/B Rocking chair, L Cross, R B Step, ¼ L Turn-L F Step, R Point-Touch

- 1 & Half turn to your right stepping right foot to right side and step left foot to left side
- 2 Step right foot forward
- 3 & Rock left foot forward and recover weight onto right foot
- 4 & Rock left foot back and recover weight onto right foot
- 5 Cross left foot over right foot
- 6 Step right foot back
- 7 & Quarter turn to your left stepping left foot forward and point right foot to right side
- 8 Touch right foot next to left foot

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact me:

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