

Missin' You

拍数: 112 墙数: 2 级数: Easy Intermediate
编舞者: Nath SASSARO (FR) - January 2019
音乐: Used to Missin' You - Brett Young : (iTunes)



Séquences: 1 to 14 (x2) with the tag - 1 to 4 -Tag- 7 to 12- 11 to 12 (x2) - 13 to 14 (x2) - 11-12
It's easier than it seems ;-)
The music will help you :-)

Séquence 1 : Step R side-Together-Shuffle back-Step L side -Together-Shuffle Fwd

1-2 Step RF to Right side - LF together
3&4 Step RF back(3) LF close RF (&) step RF back (4)
5-6 Step LF to left side (5) RF together (6)
7&8 Step LF fwd (7) RF close LF (&) step LF fwd (8)

Séquence 2 : Rock R fwd - Coaster step - Step L R Fwd - Mambo RF Fwd-Touch

1-2 Rock RF fwd (1) - Recover on LF (2)
3&4 Step Back RF (3) LF close LF (&) step RF fwd (4)
5-6 Step fwd LF (5) step RF fwd (6)
7&8 Mambo LF fwd (7) Recover on RF (&) Touch LF beside RF (8)

Séquence 3 : Step L side-Together-Shuffle back-Step R side -Together-Shuffle Fwd

1-2 Step LF to Left side (1) - RF together (2)
3&4 Step LF back(3) RF close LF (&) step LF back (4)
5-6 Step RF to right side (5) LF together (6)
7&8 Step RF fwd (7) LF close RF (&) step RF fwd (8)

Séquence 4 : Rock L fwd - Coaster step - Step R L Fwd - Mambo RF Fwd-Touch

1-2 Rock LF fwd (1) - Recover on RF (2)
3&4 Step Back LF (3) RF close LF (&) step LF fwd (4)
5-6 Step fwd RF (5) step LF fwd (6)
7&8 Mambo RF fwd (7) Recover on LF (&) Touch RF beside LF (8)

Séquence 5: Side Rock RF - Behind Side Cross - Side Rock LF - Behind Side Cross

1-2 Side Rock RF (1) Recover on LF (2)
3&4 RF behind LF(3) step LF to L Side (&) Cross RF over LF (4)
5-6 Side Rock LF (5) Recover on RF (6)
7&8 LF behind RF(7) step RF to R Side (&) Cross LF over RF (8)

Séquence 6: Rock RF Fwd -Shuffle ½ T R - Shuffle ½ T R- Rock RF Back

1-2 Rock RF fwd (1) - Recover on LF (2)
3&4 ¼ T Right , RF Fwd (3) LF close to RF (&) ¼ T Right, RF Fwd (4)
5&6 ¼ T Right , LF Back (5) RF close to LF (&) ¼ T Right, LF Back (6)
7-8 Rock RF Back (7) Recover on LF(8)

Tag 1: R side step - ¼ Turn R (x2) - Touch

1-2 Step RF to Right side (1) ¼ T R doing Step LF to left side (weight on LF) (2)
3-4 ¼ T R doing Step RF to Right side (weight on RF) (3) LF close to RF (4)

Séquence 7: Right Shuffle - Back rock LF -Left shuffle - Back rock RF

1&2 Step RF to Right side (1) LF close to Rf (&) Step RF to Right side (2)
3-4 Rock LF Back (3) Recover on RF(4)
5&6 Step LF to left side (5) RF close to LF (&) Step LF to side (6)
7-8 Rock RF Back (7) Recover on LF(8)

Séquence 8: Rocking chair - Triangle Box - Touch

- 1-2 Rock RF Fwd (1) Recover on LF (2)
- 3-4 Rock RF Back (3) Recover on F (4)
- 5-6 Cross RF over LF (5) LF back (6)
- 7-8 Step RF to R side (7) Touch LF beside RF (8)

Séquence 9: Left Shuffle - Back rock RF - Right shuffle - Back rock LF

- 1&2 Step LF to left side (1) RF close to LF (&) Step LF to Left side (2)
- 3-4 Rock RF Back (3) Recover on LF(4)
- 5&6 Step RF to Right side (5) LF close to RF (&) Step RF to side (6)
- 7-8 Rock LF Back (7) Recover on RF(8)

Séquence 10: Rocking chair - Triangle Box - Touch

- 1-2 Rock LF Fwd (1) Recover on RF (2)
- 3-4 Rock LF Back (3) Recover on RF (4)
- 5-6 Cross LF over RF (5) RF back (6)
- 7-8 Step LF to R side (7) Touch RF beside LF (8)

Séquence 11: Shuffle R-Touch-Point LF-Touch-Shuffle L-Touch-Point-Touch

- 1&2 Step RF fwd on R diagonal (1) LF close to RF (&) Step RF fwd on R diagonal (2)
- 3&4 Touch LF beside RF (3) point LF to Left side (&) touch LF beside RF (4)
- 5&6 Step LF fwd on L diagonal (5) RF close to LF (&) Step LF fwd on L diagonal (6)
- 7&8 Touch RF beside LF (7) point RF to right side (&) touch RF beside LF (8)

Séquence 12: Shuffle R-Touch-Point LF-Touch- Rock step Fwd-Coaster step

- 1&2 Step RF fwd on R diagonal (1) LF close to RF (&) Step RF fwd on R diagonal (2)
- 3&4 Touch LF beside RF (3) point LF to Left side (&) touch LF beside RF (4)
- 5-6 Rock LF fwd (5) Recover on RF (6)
- 7&8 Step LF back (7) RF close to LF (&) Step LF fwd (8)

Séquence 13: R Side Rock -1/4T L- R Shuffle- L Side Rock- 1/4T L- Shuffle Fwd

- 1-2 R Side Rock (1) Recover with ¼ T L (2)
- 3&4 R side shuffle R-L-R
- 5-6 L Side Rock (5) Recover on RF (6)
- 7&8 ¼ T L with shuffle fwd on LF

Séquence 14: R Side Rock -1/4T L- R Shuffle- L Side Rock- 1/4T L- Shuffle Fwd

- 1-2 R Side Rock (1) Recover with ¼ T L (2)
- 3&4 R side shuffle R-L-R
- 5-6 L Side Rock (5) Recover on RF (6)
- 7&8 ¼ T L with shuffle fwd on LF

End: As the dance finishes on 6:00 wall, we need to face 12:00 wall :-)

On the count 5 of the SQ 12, instead of doing the LF rock fwd, make a ½T Rt with LF back step (Finishing Weight on LF)

Enjoy ... follow the music ☐

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RF= Right Foot - LF=Left Foot January 2019
