

Forget It

拍数: 32 墙数: 2 级数: Improver
编舞者: James Nyström (SWE) & Lena Swahn (SWE) - August 2019
音乐: Maria Magdalena - Lena Philipsson : (Single)



#32 counts intro

S1: Back Rock, Shuffle Fwd, Fwd Rock, Sweep, Behind Side Cross.

1 - 2 Rock Back on LF, Recover onto RF (12:00)
3&4 Step LF Fwd, Step RF next to LF, Step LF Fwd
5 - 6 Rock Fwd on RF, Recover back on LF with sweep
7&8 Step RF behind LF, Step LF to L side, Cross RF over LF

S2: Side, Touch, Kick Ball Cross, ¼ Turn, ¼ Turn, Cross Shuffle.

1 - 2 Step LF to L side, Touch RF next to LF
3&4 Kick RF to R diagonal, Step RF on ball next to LF, Cross LF over RF
5 - 6 ¼ Turn L Stepping back on RF, ¼ Turn L Stepping LF to L side (6:00)
7&8 Cross RF over LF, Step LF next to RF, Cross RF over LF

S3: Side Rock, ¼ Turn, Shuffle Turn, Shuffle Turn, ½ Turn, ¼ Turn.

1 - 2 Rock LF to L side, Recover onto RF with ¼ Turn R (9:00)
3&4 ¼ Turn R stepping LF to L side, Step RF next to LF, ¼ Turn R stepping LF Back (3:00)
5&6 ¼ Turn R stepping RF to R side, Step LF next to RF, ¼ Turn R stepping RF Fwd (9:00)
7 - 8 ½ Turn R stepping Back on LF, ¼ Turn R stepping RF to R side (6:00)

S4: Cross Rock, Chassé, Cross, Back, Syncopated Weave.

1 - 2 Cross Rock LF over RF, Recover onto RF
3&4 Step LF to L side, Step RF next to LF, Step LF to L side
5&6& Cross RF over LF, Step back on LF, Step RF to R side, Cross LF over RF
7&8 Step RF to R side, Step LF behind RF, Step RF to R side

Start again, have fun!

Tag: After Wall 10 (12:00) Rocking Chair with LF, Step LF to L side, Shimmy (or Freestyle).

1 - 2 Rock Back on LF, Recover onto RF
3 - 4 Rock Fwd on LF, Recover onto RF
5 - 8 Step LF to L side, Shimmy shoulders (or freestyle) over three counts (Weight on RF)

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