# **Gnos Das**



拍数: 32 墙数: 4 级数: High Beginner

编舞者: Mathew Sinyard (UK) - October 2019 音乐: Sad Song Backwards - Jake Shears



## Intro: 8 Counts from main beat (approx. 18 seconds)

Section 1: Back, Back,	Canadas Crasa	Cida Tagatha	. Famurand 129
Section Liback Back	Coasier Cross	Side Lodeinei	r Porward XZ

12	Step back on right, step back on left.

3 & 4 Step back on right, step left beside right, cross right in front of left.

5 & 6 Step left to left side, step right beside left, step forward left.

7 & 8 Step right to right side, step left beside right, step forward on right.

## Section 2: Step Tap Back, Shuffle 1/2 x2, Back Tap Forward.

1 & 2	Step forward on lef	t, tap right behind left,	step back on right.

3 & 4 Shuffle 1/2 turn left stepping L-R-L.

5 & 6 Shuffle 1/2 turn left R-L-R.

7 & 8 Step back on left, tap right in front of left, step forward on right.

## Section 3: Side Rock Recover, Behind Side Cross, Side Rock Recover, Behind 1/4 Step.

1 2 Rock left foot to left side, recover right.

3 & 4 Cross left behind right, step right to right side, cross left in front of right.

Fock right foot to right side, recover left.

7 & 8 Cross right behind left, make a 1/4 turn left stepping forward on left, step forward right.

#### Section 4: Left Jazz Box Touch, Hip Sways x4.

1 2 3 4 Cross left in front of right, step back on right, step left to left side, touch right beside left.

5 6 7 8 Sway hips right left right left.

#### Enjoy x.

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