

She's Gone

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Margaret Cooper & Nick Hudson - February 2020
音乐: She Used to Be Mine - Sara Bareilles



#12 Counts in

FALLAWAY ½ LEFT, LEFT BASIC WITH A BACK DRAG

- 1 – 3 Step left foot ¼ left, step right next to left, step left next to right
- 4 – 6 Step right back ¼ left, step left next to right, step right next to left
- 7 – 9 Step left forward, step right together, step left next to right
- 10–12 Step right foot back to left diagonal, drag left in front of right; hold (4:30)

SPIRAL FULL TURN LEFT, ROCK REPLACE, BACK LOCK STEP, SWEEP ¾ LEFT

- 1 – 3 Step left foot forward, cross right over left, spiral all the way round hooking left in front of right
- 4 – 6 Step left foot forward, rock right foot forward, replace weight onto left
- 7 – 9 Step right foot back, cross left over right, step right foot back
- 10–12 Sweep left foot from front to back, touch left toe behind right, pivot ¾ left (weight on left) (12:00)

RIGHT AND LEFT CUBAN BREAKS, ¼ RIGHT ROCK AND LIFT, BACK LOCK STEP

- 1 – 3 Cross rock right foot over left, replace weight onto left, step right next to left
- 4 – 6 Cross rock left foot over right, replace weight onto right, step left next to right
- 7 – 9 Rock right to right side, replace weight onto left turning ¼ right, lift and point right toe slightly forward
- 10–12 Step right foot back, cross left over right, step right foot back (3:00)

LEFT SAILOR, SAILOR ¼ RIGHT, LEFT BASIC FORWARD, FULL TURN BACK

- 1 – 3 Cross left foot behind right, step right to right side, step left to left side
- 4 – 6 Cross right foot behind left, step left foot ¼ right, step right to right side (6:00)
- 7 – 9 Step left foot forward, step right next to left, step left next to right
- 10–12 Step right foot back ½ right, step left forward, pivot ½ right (6:00)

Restart: - Wall 5 after 12 counts

Ending: - dance finishes on wall 11 after Count 12 (facing 12:00) step left foot forward and pose!