

Sad

拍数: 32 墙数: 2 级数: Low Intermediate
编舞者: Adelaine Ade (INA) - June 2020
音乐: Sad - Sonnet Son : (Album: The World Of The Married OST)



Intro : 16 Counts

BASIC NIGHTCLUB RIGHT, BASIC NC LEFT, STEP FORWARD, ½ TURN, ½ TURN, BEHIND SIDE CROSS

1-2& long step right side, step left behind right over left
3-4& Long step left side, step right behind left, step left over right
5-6& Step right forward, Turn ½ left (weight on left) , Turn ½ left and step right Back (12:00)
7&8 Step Left to left side, cross R behind left, step left to left side

RECOVER ,SIDE , CROSS , RECOVER, TURN, FORWARD, SWEEP, BEHIND, ¼ TURN R, FORWARD, SPIRAL TURN R, FORWARD R,L,R

1 2&3 Cross right over left, recover on L, Step R to R side (&), Cross L over R
4&5 Recover on R, Make ¼ turn L and step L forward (&) , Make ½ turn L and Stepping back on R as you sweep L from front to back (5)
6&7 Cross L behind R, Make ¼ turn R and stepping R forward (&),Step L forward and make spiral full turn R, weight on L (7)
8& Step R forward (8), step L forward (&)

STEP, CROSS, SIDE, ¼ L BACK, BEHIND, 1/8 L STEP, SPIRAL L, RUN RUN, ROCK, BACK ½ FORWARD

1-2& Step R forward sweep L to front (1), Cross L over R, Step R to right side (&)
3-4& 1/8 Turn left step L back sweep R to back (3), Step R behind L , 1/8 Turn left Step L forward (&)
5-6& Step R forward and spiral full turn left on R, Step L forward, Step R forward
7-8& Step R forward, rock back on L, make turn ½ L to left (weight on L)

STEP FORWARD , RECOVER, BACK , SWEEP, COASTER STEP

1-2&3 Step R forward, step L forward, recover on R, rock back on L (with sweep R)
4-5 Make sweep on R back, Make sweep on L
6&7 R back, L stop together with R, L forward
8& Step forward L, step touch R

TAG 2X

Tag 1 after wall 3, hold 2 count (hug your body) facing 6:00

Tag 2 after wall 6, hold 4 count (hug your body) facing 12:00