Say GoodBye

拍数: 32

级数: Absolute Beginner

编舞者: Diane Capron (USA) - March 2021

音乐: Goodbye - Who Is Fancy

Intro: 40 counts - Start on Vocals

See below for option for 4 walls

SECTION 1: STEP TOGETHER STEP TOUCH, x2

- 1-4 Step R to side, Step L beside R, Step R to side, Touch L beside R
- 5-8 Step L to side, Step R beside L, Step L to side, Touch R beside L

SECTION 2: ROCKING CHAIR, x2

- 1-4 Rock Fwd on R, Recover on L, Rock Back on R, Recover on L
- 5-8 Rock Fwd on R, Recover on L, Rock Back on R, Recover on L

SECTION 3: WALK FWD x3, KICK, WALK BACK x3, TOUCH

- 1-4 Walk Fwd R, L, R, Kick L
- 5-8 Walk Back L, R, L, Touch R

SECTION 4: SIDE TOUCH x4

- 1-4 Step R to side, Touch L beside R, Step L to side, Touch R beside L
- 5-8 Step R to side, Touch L beside R, Step L to side, Touch R beside L

Repeat

** 4 wall option - modify last 4 counts of dance (turning clockwise)

SECTION 4: SIDE TOUCH x2, ¼ TURN R SIDE TOUCH, SIDE TOUCH

- 1-4 Step R to side, Touch L beside R, Step L to side, Touch R beside L
- 5-8 1/4 turn R stepping on R, Touch L beside R, Step L to side, Touch R beside L (3:00)

This absolute beginner line dance teaches four basic line dance moves and can have anyone age 5 to 85 doing an actual line dance in a matter of minutes. As dancers advance, you can make modifications such as changing it to a 4-wall dance, adding Cuban hips to the step-togethers, add a clap to the kick, put a sway in the rocking chair, and adding some funk to the step touches. Enjoy!

Updated 8/12/21 Diane Capron - dicapron@icloud.com

SAY GOODBYE CONTRA STYLE

Dancers stand in 2 parallel lines facing a partnerSECTION 1: STEP TOGETHER STEP TOUCH, x2SECTION 2: ROCKING CHAIR giving your partner a high five, x2SECTION 3: WALK FWD x3, KICK/CLAP, WALK BACK x3, TOUCHSECTION 4: DO-SI-DO, SIDE TOUCHES x21-4Lock elbows with your partner, walk ½ turn5-8Step R to side, Touch L beside R, Step L to side, Touch R beside L

Updated 4/8/24

Diane Capron – dicapron@icloud.com

Last Update: 9 Apr 2024





墙数: 1