

Not Gone

拍数: 64 墙数: 2 级数: Low Intermediate Country
编舞者: Valérie DEL CAMPO (FR) & Mercè ORRIOLS (ES) - March 2022
音乐: You're Not Gone - Shelby Lee Lowe : (CD: Something In Me (2020))



Start dancing on lyrics / Intro 16 counts

Sect. 1 - (R) MAMBO FWD, HOLD, TOE STRUT ½ TURN LEFT (X2)

1-2 Rock right forward, recover on left
3-4 Step right back, hold
5-6 Left toe back, turn ½ left and drop left heel (6:00)
7-8 Right toe forward, turn ½ left and drop right heel (12:00)

Sect. 2 - (L) ROCK STEP BACK, ¼ TURN RIGHT & (L) TOE STRUT, (R) TOE STRUT BACK, ½ TURN LEFT & KICK, HOOK

1-2 Rock left back, recover on right
3-4 Turn ¼ right and left toe forward, drop left heel (9:00)
5-6 Right toe back, drop right heel
7-8 Turn ½ left and kick left forward, hook left over right (3:00)

Sect. 3 - (L) STEP LOCK STEP, STOMP UP, (R) ROCK STEP SIDE, (R) ROCK STEP BACK

1-2 Step left forward, lock right behind
3-4 Step left forward, stomp up right together
5-6 Rock right side, recover on left
7-8 Rock right back, recover on left

Sect. 4 - (R) TOE STRUT ¼ TURN LEFT, (L) ROCK STEP BACK, (L) STEP FWD, (R) STOMP UP, STOMP, HOLD

1-2 Touch right toe back, turn ¼ left and drop right heel (6:00)
3-4 Rock left back, recover on right
5-6 Step left forward, stomp up right together
7-8 Stomp right forward, hold

Sect. 5 - (L) KICK, HOOK, KICK, TOUCH, (L) HEEL FAN (X2)

1-2 Kick left forward, hook left over right
3-4 Kick left forward, touch left toe together
5-6 Swivel left heel out, in
7-8 Swivel left heel out, in

Sect. 6 - LEFT GRAPEVINE, SCUFF, RIGHT GRAPAVINE ¼ TURN RIGHT, HOLD

1-2 Step left side, cross right behind
3-4 Step left side, scuff right forward
5-6 Step right side, cross left behind
7-8 Turn ¼ right and step right forward, hold (9:00)

Sect. 7 - STEP, ¼ TURN RIGHT, STEP, TOUCH, (R) HEEL FAN (X2)

1-2 Step left forward, turn ¼ right (weight on right) (12:00)
3-4 Step left forward, touch right toe together
5-6 Swivel right heel out, in
7-8 Swivel right heel out, in (weight on right)

Sect. 8 - (L) STEP, ½ TURN RIGHT, HEEL STRUTS (L, R, L)

1-2 Step left forward, turn ½ right (weight on right) (6:00)

- 3-4 Step left heel forward, drop left toes
- 5-6 Step right heel forward, drop right toes
- 7-8 Step left heel forward, drop left toes

START AGAIN
