

My Next Sad Song

拍数: 64 墙数: 2 级数: Novice
编舞者: Sandra Moschel (FR) - 11 May 2022
音乐: My Next Sad Song - Mitchell Tenpenny



[1-8] Heel rock fwd – 1/4 turn (R) - Heel rock fwd – Rock back - Step fwd – Hold

1-2 Step forward on right heel – Step back on left
3-4 1/4 turn to the right support on right heel forward – Return LF support - (3H00)
5-6 Step right back with support – Return left support
7-8 Step forward – Pause

[9-16] Heel rock fwd – 1/2 turn (L) - Heel rock fwd – Rock back - Step fwd – Hold

1-2 Step forward on left heel – Step back on right
3-4 1/2 turn to the left support on left heel forward – Return support B - (9:00 a.m.)
5-6 Step left back with support – Return right support
7-8 Step forward – Pause

[17-24] Weave (R) - Scissor cross – Hold

1-2 Step right to the right – Step left behind right
3-4 Step right to the right – Cross left in front of right
5-6 Step right to the right – Step left next to right
7-8 Step right in front of left – Pause

[25-32] 1/4 turn (R)-Back toe strut – 1/4 turn (R)-Side toe strut 1/2 turn (R) -Back toe strut -Rock back

1-2 1/4 turn to the right – ball of the left back – touch down left heel
3-4 1/4 turn to the right – Ball from the right to the right – Land the heel on the right
5-6 1/2 turn to the right ** - Ball of the left back – Land heel left
7-8 Step right back with support – Return left support (9:00 a.m.)

[33-40] Locked fwd – Brush (R and L)

1-2 Step right forward – Step left behind right
3-4 Step right forward – Step left on the ground
5-6 Step left forward – Step right behind left
7-8 Step forward – Rub right on the ground

[41-48] Mambo (R) fwd – Hold – Mambo (L) back – Hold

1-2 Step right forward with support – Return left support
3-4 Step back – Pause
5-6 Step left back with support – Return right support
7-8 Step forward – Pause

[49-56] Step fwd 1/2 turn (L) - Step fwd -Hold – Rock Back –Stomp- Hold

1-2 Step forward – 1/2 turn left
3-4 Step forward – Pause
5-6 Step left back with support – Return right support
7-8 Tap left next to right – Pause

[57-64] Monterey 1/4 turn (R) - Side point Touch 2x

1-2 Step right to the right – 1/4 turn right – Step right next to the left
3-4 Point left to left side – step left next to right
5-6 Point right to the right -Touch right next to left
7-8 Point right to right – Touch right next to left

Tags:** On the 2nd wall, replace the 1/2 turn of the 4th section by 1/4 turn, to start again on the wall at 12:00 p.m.

Restart: After the Tag

En savoir plus sur ce texte source Vous devez indiquer le texte source pour obtenir des informations supplémentaires

Envoyer des commentaires

Panneaux latéraux
