

Ghost of You

拍数: 32 墙数: 2 级数: Improver
编舞者: Ruth Hughes (UK) - October 2022
音乐: Ghost of You - Mimi Webb



SIDE BEHIND, HEEL HOLD, BALL STEP OVER SIDE BEHIND & CROSS

- 1 Step right foot to right side
- 2 Step left foot behind right
- &3 Step right foot to right side, dig left heel to left diagonal
- &4 Hold left heel in current position
- &5 Bring left heel beside right foot stepping right foot over left
- 6 Step left foot to left side
- 7&8 Step right foot behind, step left foot to left side, stepping right foot over left

OUT ROCK SAILOR ¼ LEFT, 2X ½ PIVOT TURN OVER LEFT SHOULDER

- 1 Rock left foot to left side
- 2 Recover weight onto right foot
- 3&4 Cross left behind right foot, step right foot to right side, step left foot to left turning ¼ left
- 5 Step forward on right foot
- 6 Pivot ½ turn over left shoulder, stepping left foot forward
- 7 Step forward on right foot
- 8 Pivot ½ turn over left shoulder, stepping left foot forward

KICK BALL STEP, TOE SWITCHES X2, LONG STEP TO SIDE RIGHT, LEFT

- 1&2 Kick right foot forward, step back on right foot on ball of foot, step forward on left foot
- 3&4 Point right foot to right side, bring back to left foot, point left foot to left side, place besides right
- 5 Step right foot to right side, drag left foot, closing besides right
- 6 Clap hands together
- 7 Step left foot to left side, drag right foot, closing besides left
- 8 Clap hands together

FIGURE OF 8 RIGHT, ¼ TURN LEFT

- 1 Step right foot to right side
- 2 Step left foot behind right
- 3 ¼ turn stepping right foot forward
- 4 Step left foot forward
- 5 Pivot ½ turn to right
- 6 ¼ turn right stepping left to left side
- 7 Step right behind left
- 8& Step left to left side turning ¼ left

Repeat

Last Update: 18 Oct 2022