

Leave The Past Behind

拍数: 32 墙数: 4 级数: Beginner +
编舞者: Daniel Clément (BEL) - February 2023
音乐: Leave the Past Behind - Mark Wayne Glasmire



Intro : 32 counts (No Tag, No Restart)

[1-8] Reverse Rumba Box, Rock Step Fwd, Shuffle 1/2 Turn R

1&2 Step R to R – L next R – Step back on R
3&4 Step L to L – R next L – Step L forward
5-6 Rock R forward – Recover on L
7&8 1/4 turn to R, Step R to R – L next R – 1/4 turn to R, Step R forward (6 :00)

[9-16] Mambo Step, Shuffle Back, Coaster Step, Step Turn 1/4 L

1&2 Rock L forward – Recover on R – L next R
3&4 Step R backward, L together, Step R backward
5&6 Step back on R - L next R- Step R forward
7-8 Step R forward – 1/4 turn L (weight on L) (3 :00)

[17-24] Cross Rock, Side Rock, Jazzbox Cross

1-2 Cross rock R over L – Recover on L
3-4 Rock R to R – Recover on L
5-6-7-8 Cross R over L – Step back on L – Step R to R – Cross L over R

[25-32] Side, Touch, Kick Ball Cross & Cross, Side Rock, Sailor 1/2 Turn

1& Step R to R – Touch L next R
2& Kick L forward – L next R
3&4 Cross R over L – Step L to L – Cross R over L
5-6 Rock L to L – Recover on R
7&8 1/4 turn L, cross L behind R – Step R to R – 1/4 turn L, cross L over R (9 :00)

Last Update: 25 Feb 2023
